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## Tools for Success



- Determine if your goals are realistic
- Identify specific, measurable, observable behaviors or criteria you can use to determine if your goals are met
- Identify your commitment level and roadblocks
- Learn to establish a contract for behavior change within a time frame

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## Goals that Make Sense

- When it comes to weight management, many people tend to set unrealistically high goals
  - When we don't achieve these goals, we often give up and deem ourselves "a failure."
- Goals based on long term health and wellness vs. looking good for a special occasion tend to be more motivating for long-term weight management

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## Goal Setting Strategies

- Be realistic: Set yourself up to succeed by choosing achievable goals
- Be specific: This month I will walk 4 times a week for 30 minutes each time
- Establish a reality check: Ask yourself if you would expect a friend to be able to achieve the goal you set. If not, rework the goal to make it achievable
- Live in the future: Take a few minutes every day to visualize yourself successfully achieving your goal

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## Goal Setting Strategies

- Divide and conquer: Break up a long-term goal into smaller more manageable ones
- Think backwards: Pretend you're in the future; now think backwards and ask yourself what obstacles you encountered and how you overcame them
- Anticipate those obstacles you may encounter
  - Develop a plan for overcoming those obstacles.

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## Goal Setting Strategies

- Keep a diary to help you envision and set goals
- Be flexible: Periodically evaluate and adjust your goals
- Reward yourself: Use non-food rewards linked to carrying out new lifestyle habits you want to reinforce
- Stay the course: After lapses, ask yourself; "What did I do well and what will I do differently next time?"

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## SMART Goal Setting Test

- **Specific:** Make sure your goal is focused and identify a tangible outcome. Set real numbers. Don't say I want to do this "more."
- **Measurable:** Often highlights how much or how many. Can you measure and evaluate your goal. Is it trackable?
- **Attainable:** Your goal should be challenging but still reasonable to achieve. Don't try to take over the world in one night.
- **Relevant or Realistic:** Is your goal aligned with your values and is it a priority to you. Know what are you capable of. Don't forget any hurdles you may have to overcome.
- **Time-bound or Timely:** Give yourself a deadline. Don't keep pushing towards a goal you may hit "someday."

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## SMART Goals Examples

- I am going to get fit
  - I am going to follow my new training plan to walk a 5K in 3 months from now
  - I am going to exercise 5 times per week for 30 minutes each time
- I am going to lose 25 pounds
  - I am going to eat out no more than twice per week
  - I am going to eat from 10am-7pm each day and fast the rest of the day
  - I am going to eat 3 servings of vegetables each day

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## Goal Setting Tips

- Understand yourself
- Make your goals positive
- Don't set too many goals at one time
- Divide long-term goals into smaller, short-term goals
- Write them down and review them. Remind yourself to stay focused
- Check your progress: Are you doing what needs to be done to meet your goals? If not, what can you do to get back on track?

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## Goal Setting Tips

- Don't be married to a goal.
  - Sometimes circumstances change and we need to course-correct.
- Don't let the goals you achieve be at the expense of other more important things in your life. Your experience may not be as positive if it affects other areas of your life in a negative way
- See the Wellness and behavior change section of your binders
  - Pg. 107 in SWL manual, pg. 59 in MWL manual



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## Overcoming Obstacles

- Don't use the scale as the only measure of your success
  - Weight can vary depending on nutrient intake, medications, sodium, strength training
  - Stay focused on making consistent healthy lifestyle choices, not diets. Over time they will yield the results you desire
- Keep a diary of your behavior changes
  - This can give you important insight/feedback about your progress
- Set up support systems
  - Look for people who appreciate how hard you're working at choosing healthier behaviors
  - Family, friends, clinic staff, online support groups

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## Overcoming Obstacles

- Not enough time?
  - What can I prioritize? Can I rearrange or tweak my schedule?
  - When I feel I don't have enough, what is the one thing I can do to move in the correct direction?
- Manage your urges
  - Cravings and urges to eat tend to pass in about 30 minutes
    - Distract yourself with other activities
    - Keep a journal to help you identify situations that trigger your desire to eat when you aren't hungry
- Pg. 63 in MWL manual, pg. 111 in SWL manual

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## Effective Goal Setting Takes Practice

- Start small and build on those successes
- If you aren't sure where to start, begin by setting a goal of spending 30 minutes a day on healthy lifestyle activities
- Use the SMART goals setting test
- Be patient with yourself!

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Thank you!!!

- Join us again Thursday, August 10<sup>th</sup> at 6:00pm for Stress Management
- What goals are you currently working on?



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