

# Setting Goals for Lifestyle Change



If you are ready to make a change, it can help to start with one or two goals. Then break the goal down into smaller steps.

Change can be hard, especially if we try to make too many changes at once. You are more likely to achieve smaller goals.

This worksheet can help you to set a goal that is important to you and that you can achieve.

You are the expert in your life. You are the best judge of what will work for you.

## Step 1: Choose a goal that is important to you

What goal is most important to **you** that you are ready to work on right now?

Action-based goals give you the best chance at success with achieving your goal. They focus on actions that are in your control rather than focusing on the outcomes of your actions, which can sometimes be unpredictable.

Examples of **action-based goals**: Eating more fibre. Eating more vegetables and fruit.

Examples of **outcomes**: Lowering my blood glucose. Losing weight.

### A goal that is most important for me right now is...

**Example:** Eating more fibre.

## Step 2: Break the one goal into smaller goals.

There are often smaller steps you can take toward your goal. Breaking your goal into smaller goals can give you more success.

### A smaller goal that I can work on first is...

**Example:** One way that I can break my goal of eating more fibre into a smaller goal is to start eating a high fibre cereal at breakfast.

### Step 3: Make your goal SMART

You are more likely to achieve a goal that is **Specific**, **Measurable**, **Attainable**, **Rewarding**, and **Timely**. We call them SMART goals.

**Answer the questions below to make your goal SMART.**

#### S is for Specific

**What** are you going to do?

**How** are you going to do it?

**Where** are you going to do it?

**Who** will help you do it?

**Example:** I will eat a high fibre cereal 2 days a week for breakfast at home before leaving for work.

#### M is for Measurable

**How** will you measure your goal? Include details such as how much, how many, and how often.

**Example:** I will eat 1 serving of a high fibre cereal for breakfast on Mondays and Wednesdays.

#### A is for Attainable

Is your goal something you can do with everything else going on in your life?

**Example:** I plan to start eating a high fibre cereal breakfast 2 days a week because right now I don't eat breakfast at all, and I want to be realistic. I will start with Mondays and Wednesdays because I have more time to eat at home on those days.

#### R is for Rewarding

**What makes** your goal important to you?

**Example:** Eating more fibre is important to me because it is a lifestyle change that I can make now. It will help me be healthy for myself and be a role model for my children.

#### T is for Timely

**When** will you start your goal?

**When** will you plan to review your goal?

**Example:** I'll start tomorrow. I'll review my goal in 4 weeks.

## Step 4: Finish your plan

Prepare for things that might get in the way of achieving your goal

There might be things in your life that could get in the way of achieving your goal.

Examples of things that could get in the way:

- A busy schedule
- A recent illness
- Bad weather
- Low energy
- A special occasion coming up
- Someone in your life that might not support your goal
- Travel during the time you have set for your goal

### Things that might get in the way of reaching my goal are...

**Example:** I am busy in the mornings.

Before these things happen, make a plan to deal with them.

Is there anything that has worked well for you in the past?

### My plan for dealing with things that might get in the way of reaching my goal is...

**Example:** I will portion out my high fibre breakfast cereal the night before.

Think about people who can support you in working toward your goal.

Is there anyone in your life who can support you with your goal? How can they help you?

Examples of people who could support you:

- a family member
- a friend
- a co-worker

People who can support me:

They can help me by:

My plan for getting their support:

## Make a plan to track your goal

Keeping track of your progress can help you achieve your goal.

It can also show you which parts of your plan are working well, and which are not.

There are many ways that you can record your progress, such as writing in a journal or using an app.

Write down your plan for what you will record, how you will record it, and how often you will record it.

### My plan for keeping track of my goal is...

**Example:** I will add a check mark to my calendar every day that I eat a high fibre cereal for breakfast.

## Make a plan to reward yourself

People who plan to reward themselves **when they reach their goal** often have more success.

Choose a reward that is important for you.

Some people use rewards like:

- downloading a new song to a playlist
- borrowing a new book from the library
- inviting a friend over for coffee or tea
- taking a relaxing bath
- buying a new journal
- watching a movie

How do you plan to reward yourself when you achieve your goal?

Be as detailed as possible. Include when you will get your reward and how much you will get.

### When I reach my goal, I plan to reward myself by...

**Example:** Every week, after I have eaten a high fibre breakfast cereal on Monday and Wednesday, I will reward myself by downloading a new song to my playlist.

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