

GOAL SETTING

Why are goals needed?

How does setting a goal help?

Short Term -vs- Long Term Goals?

Can a goal be changed or modified?

How do you get started on goal setting?

Why are Goals Needed?

- Goals give focus towards change.
- “Give Direction”
- Allow to measure progress.
- Help to keep locked in and undistracted.
- Help to overcome procrastination.
- Promotes accountability to finish task.
- Promotes motivation.
- Reference: www.mindtools.com

How does Goal Setting Help?

- Provides Direction.
- Clearer Focus on what is important.
- Clarity in Decision Making.
- Gives you control of your future.
- Provides Motivation.
- Gives you a sense of personal satisfaction.
- Gives you a sense of purpose in life.
- Reference: www.thepeakperformancecenter.com/development.../goal-setting/benefits-of-goal-setting



Can a Goal be Changed or Modified?

Simple answer is **YES.**



How to Get Started on Goal Setting

SMART

Goal Setting SMART

- S = Specific
- M = Measurable
- A = Attainable
- R = Relevant
- T = Time Oriented
- Reference: www.mindtools.com

Goal Setting Getting Started

Specific

- *Well defined
- *Exactly what you want to achieve
 - *What, why, who, where, when
- *The more specific the better that success can be defined!

Getting Started **Measurable**

- * Establish concrete objective criteria (weight loss, inches lost, # days exercise, portions etc.).
- * The more concrete objective criteria the more accurate measurement of success!

Goal Setting
Attainable

Attainable

- *A goal must be realistic.
- *It must be one that can be achieved.
- *Realistic attainable goals can result in great success!

Goal Setting **Relevant**

- *Goals should be consistent with other goals.
- *Within the availability of resources, knowledge and time.
 - *Goals are things within your control.
- *Relevant goals will lead to a successful outcome!

Goal Setting **Time Oriented**

- *Create a specific time frame for when a goal is to be accomplished.
 - *Realistic timeline to achieve a goal.
 - *Goals can be short term or long term.
- *A time oriented goal will promote a successful outcome!

Key Recommendations

- Focus on health, not diets.
- Focus on life style changes that will improve your health and achieve the balance between energy and calories.
- Make a plan for change.
- When you stray from your plan, don't get upset. Identify what got off tack and how you can fix it.

Key Recommendations

- Small changes one step at a time.
- Journal (food/fluids. behaviors, emotions. exercise)

Key Recommendations

- Safe and effective programs for weight loss include the following components:
 - ❖ Healthy eating plans that reduce caloric intake.
 - ❖ Do not rule out specific foods or food groups.
 - ❖ Regular physical activity and/or exercise program.
 - ❖ Tips on healthy behavioral changes that take into consideration cultural and lifestyle needs

Key Recommendations

- Medical care if planning to lose weight by following a special formula diet.
 - A plan to keep the weight off.

Lapse and Relapse

- ❖ **Lapse** = A temporary and small slip in a goal/goals. “A slip up”.
 - Does not mean you are a failure!
- ❖ **Relapse** = A return to your earlier behavior prior to the goal. Usually the result of a string of several small lapses.
 - Identifying a lapse early and put a plan in place to deal with it can prevent a relapse.

Reference: Lifesteps Weight Management

6 Steps to Preventing a Lapse from Becoming a Relapse

1. Step back and ask “What happened”.
2. Calm down. Focus on positive ways to manage the situation.
3. Review the steps that lead to the lapse. Learn from it.
4. Renew commitment. (Reassess goal is realistic).
5. Implement the “back on track” strategy.
6. Call for back up if needed. It is OK to ask for help.

Reference: Lifesteps Weight Management



Time for Questions