

Setting Goals for Lifestyle Change

If you are ready to make a change, it can help to start with one or two goals, and break them 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 and 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** are: Eating more fibre or eating more vegetables and fruit.

Examples of **outcomes** are: Decreasing your blood glucose or losing weight.



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

Example: Eating more fibre.

Step 2: Break your 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. These are often called 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 may be things that could get in the way of achieving your goal. For example:

- a busy schedule
- recent illness
- bad weather
- low energy
- a special occasion coming up
- someone that may not support your goal
- travel during the time you set for your goal

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

Example: I am busy in the mornings.

Before these things happen, you can 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 achieving my goal is...

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

List people who can support you in working toward your goal

Is there anyone who can support you with your goal? Examples might include a:



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

People who can support me:	
They can help me by:	
My plan to get 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 a plan below 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 achieve 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 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 receive your reward and how much you will receive.

When I achieve 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 download a new song to my playlist.