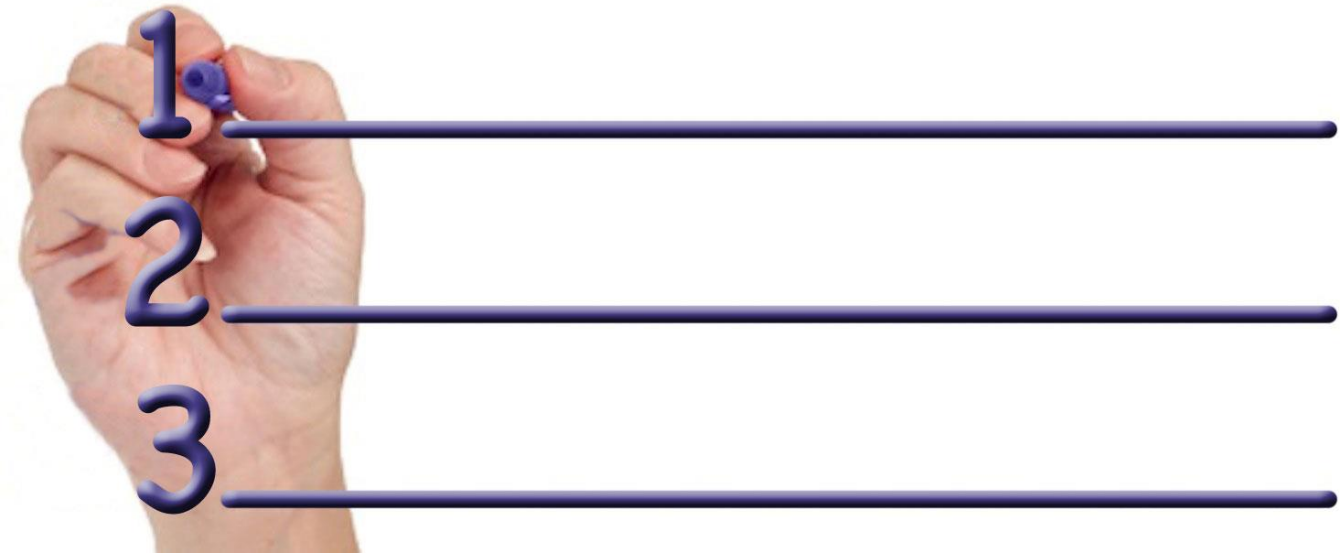


Setting Goals

GOAL SETTING



READINESS TO CHANGE

- Below are categories describing different stages of change.
- We all go through different phases of change, often shifting backwards and forwards along the continuum.
- One day you might be in the pre-contemplation stage when something will trigger you to jump to the action stage.
- Or, you may be in the action stage and then revert back to the contemplation stage.

READINESS TO CHANGE

- Like everything else in life, your commitment to change is not constant.
- The key is to recognize where you are now and accept that.
- Just because you have chosen to be a part of this weight loss program doesn't mean that you are ready to actually make the necessary changes to lose weight.
- This is perfectly okay.

READINESS TO CHANGE

- What is not okay is beating yourself up for something you are not yet ready to do.
- Read the different stages below and identify where you are now.
- Being aware of your present mind set is often enough to help you progress to the next stage.
- Keep your readiness to change stage in your mind when making your goal.

READINESS TO CHANGE STAGES:

Pre-contemplation: Not ready to change.

- You are in denial.
- What might happen in the future isn't enough of a motivator to change your behaviour today.
- *“My weight is just fine. So what if none of my clothes fit and my doctor suggested I lose weight because Type II Diabetes runs in the family.”*

READINESS TO CHANGE STAGES:



Contemplation: Thinking of changing.

- You may have good intentions but you haven't made the mental commitment to make change happen.
- *"I know I need to lose weight but it's just not something I can do right now."*

READINESS TO CHANGE STAGES:

Preparation: Ready to change.

- Now you're ready.
- You haven't started yet but you are committed.
- *"I have decided to lose weight and have joined a nutrition program."*



READINESS TO CHANGE STAGES:



Action: Making change.

- You're seeing the result of change but need to continue the commitment to stick with it.
- *"I have joined a weight loss group and have been exercising twice a week at the gym and have stopped eating take out food."*

READINESS TO CHANGE STAGES:

Maintenance: Staying on track.

- Congratulations!
- You have successfully overcome the challenge of change.
- “In less than one year I lost 40 pounds, quit smoking, exercised at least twice a week, and have reduced my chances of getting Type II Diabetes. I didn’t realize how bad I felt until I started to feel good!”

GOAL SETTING

- **S** – Specific: state the goal so the exact result is understood.
- **M** – Measurable: state the goal so your success can be measured.
- **A** – Action-Oriented: state a goal that promotes you taking an action to accomplish it, or extinguishing a negative action to accomplish it.
- **R** – Realistic: choose a goal that can truly be attained.
- **T** – Timed: set an appropriate deadline for meeting your goal.

Setting Personal Health Goals

- Pick one short-term goal that you plan to accomplish over the next week, then pick one long-term goal you plan to accomplish over the next 5 weeks.
- Complete the S.M.A.R.T. goal process for each of the five goals. Keep in mind the actions that need to be taken or eliminated in order to achieve your goal.
- When you are done, sign and date your goal sheet.
- By signing and dating it you are making the commitment to achieve your goal.