



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. 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. 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."

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."

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 weight loss program."

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."

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!"

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- 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.

Goal: Week 1

S: _____
M: _____
A: _____
R: _____
T: _____

Goal: Week 2

S: _____
M: _____
A: _____
R: _____
T: _____

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Goal: Week 3

S: _____
M: _____
A: _____
R: _____
T: _____

Goal: Week 4

S: _____
M: _____
A: _____
R: _____
T: _____

Goal: Week 5

S: _____
M: _____
A: _____
R: _____
T: _____

Goal: Week 6

S: _____
M: _____
A: _____
R: _____
T: _____

Goal: Next 6 weeks

S: _____
M: _____
A: _____
R: _____
T: _____