

HOW TO SET GOALS

To achieve our goals, we firstly need to set them. Try to expand your goals further than “I want to lose x pounds” to increase your motivation on how your life will be improved.

Together, let's set some goals for the next 10 weeks using the following steps. In this example, we are going to set our goal as “going to the park with my son”.

In this task we are going to focus on setting **SMART goals**(1).

Smart goals should align with the following points:

Specific – what exactly do you want to accomplish?

Measurable – how will you know when it's accomplished?

Achievable – how will you reach it and is it realistic based on other factors?

Relevant – why does it matter to you? And does it feel like the right time?

Time-bound – when can you start and what's the deadline?

Step 1: Define your SMART goal.

- e.g. *I want to go to the park with my son.*
- Assess your current situation and why this goal is important to you.
 - e.g. *reflect on your current weight and physical condition, and how this is impacting your ability to go to the park with your son. For you, why is this activity important?*

Step 2: Set your SMART goal.

- Define a specific, measurable, achievable, relevant and time-bound goal: e.g. *Where do you want to go, how long will it take to get there, how long do you want to be there for, when do you want to achieve it by?*
- e.g. *I want to walk the 10 minute route to the park and spend at least 30 minutes with my son at the park in 2 months.*

Step 3: Break your goal down.

- Think about small, manageable steps that will allow you to achieve your goal
- e.g. *I will go for a 5 minute walk each day and gradually increase this over the 2 month period. I will also cook with my son to remind myself how much I enjoy being with him and why I want to spend more time with him.*

Step 4: Set accountability.

- Reflect on those who can support you and effectively challenge you when needed on your journey towards achieving your goal.

Step 5: Track your progress.

- Choose a method to track your weight loss progress and physical capabilities, noting improvements in your ability to engage in outdoor activities.
- You could note down the duration of your walk, where you got to, and how that made you feel. This will also help you to understand triggers or roadblocks which may be preventing you from achieving your goal.

Step 6: Assess & adjust.

- Regularly check in with your goal and see how you are progressing. Is there something stopping you from achieving your goal or has something come up which became your priority? Assess your progress regularly and adjust it where necessary – but be careful of pesky excuses.

Step 7: Enjoy achieving your goal.

- Before you set up a new goal, embrace the one you have achieved and the journey to get there. Reflect on how achieving this goal made you feel and the things you have overcome.
- Acknowledging your hard work will help you to achieve great things in the future if difficult situations arise.