

Goal Setting

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of **setting goals** helps you choose where you want to go in life

Using the S.M.A.R.T analogy we can help set goals that are easy to achieve



1. **Specific-** A common goal, "get healthy," is too general. There are so many ways to get healthy. How do you want to do it? Is it losing weight? Start exercising? Stop smoking? Break it down and it will be easier to manage. Please explain how you will achieve this goal

2. **Measurable-**A goal to "lose weight" is not enough. How will you track your progress and how you will know when you have reached your goal? Making your goal measurable means adding a number. How will you make the goal measurable?

3. **Assignable/Attainable-** Before you can add a number, you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is also not very motivating. Only you know your limits. Research suggests that 5%-10% of weight loss is obtainable for obese individuals. What's your attainable goal?

4. **Realistic/Relevant-** Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain-that isn't very motivating

5. **Time Bound-** Include an end-point. Knowing that you have a deadline motivates you to get started. Since healthy weight loss is about 1-2 pounds per, set your deadline accordingly. What's your ideal goal weight/bf in 3 months?
