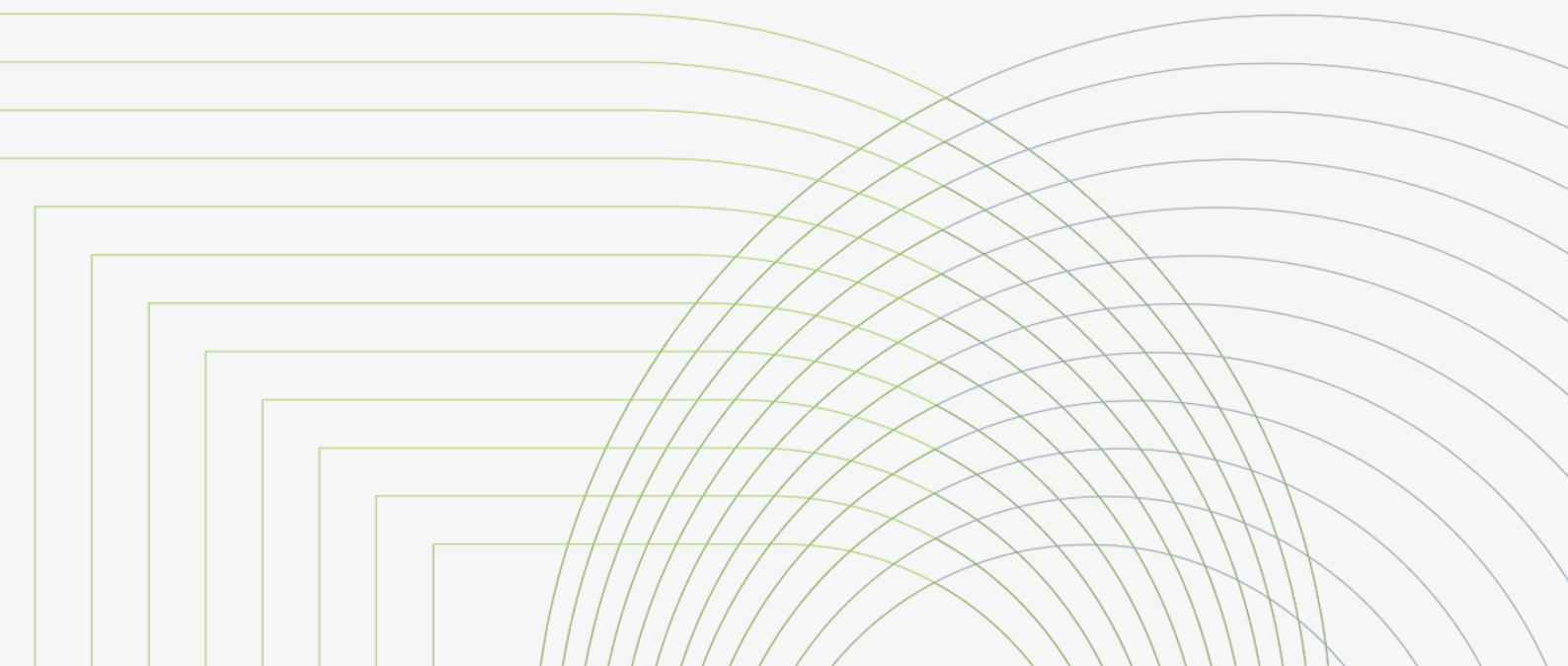


# Module 1

# Goal Setting

Keeping the Body in Mind – Resources

Consumer Learning Module



# Module 1: Goal Setting

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## Goal Setting



To improve your health and wellbeing, you will probably need to change some of your habits. Changing things you have been doing (or not doing) for a long time doesn't happen straight away. It takes time (sometimes several months or more) and focus. There is good evidence that people are more likely to change their habits if they set goals and work with someone else to help stay on track.

**Goals = stepping stones to new habits**

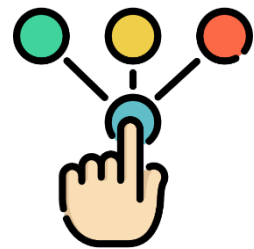
## SMART Goals

Goal setting is a great way to stay motivated and track your success. It is important that you are SMART about how you choose these goals.

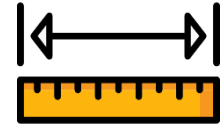
**SMART goals should be Specific, Measurable, Achievable, Relevant and Time-based**

### Specific

- What exactly would you like to be better at?
- What exactly would you like to do more of?
- What exactly would you like to do less of?
- **Examples for specific goals:**
  - *I want to be better at doing squats:*
    - **Specific goal:** I want to improve my squat form by keeping my chest up and my knees aligned with my toes
  - *I want to get back into running more:*
    - **Specific goal:** I want to improve my running endurance by running continuously for 30 minutes without stopping
  - *I want to eat less ice cream:*
    - **Specific goal:** I want to reduce my daily sugar intake by cutting back on my ice cream consumption.



## Measurable



- How many do you want to be able to do?
- How many times more?
- How many times less?
- **Examples of measurable goals:**
  - *I want to be better at doing squats:*
    - **Measurable goal:** I want to be able to do 10 full squats with good form.
  - *I want to get back into running more:*
    - **Measurable goal:** I want to run 3 times a week for 30 minutes
  - *I want to eat less ice cream:*
    - **Measurable goal:** I want to limit my ice cream intake to a small bowl once a week.

## Achievable



- Is this goal achievable or do-able?
  - If you set the bar too high, you may lose motivation to continue. This can also be the case if your goals are too simple!
- **Examples of achievable goals:**
  - *I want to be better at doing squats*
    - **Original goal:** do 10 full squats with good form.
    - **Achievable goal:** I want to do three chair sit squats in a row by slowly lowering onto a chair without collapsing my weight.
  - *I want to get back into running more:*
    - **Original goal:** I want to run 3 times a week for 30 minutes.
    - **Achievable goal:** I want to be able to walk 3 times per week for 30 minutes including 5 minutes of running.
  - *I want to eat less ice-cream:*
    - **Original goal:** I want to limit my ice-cream to a small bowl once a week
    - **Achievable goal:** I want to eat ice-cream only every second day.

## Relevant



- Is this goal relevant and important to you?
  - Choose goals that work towards things that need improvements/ changes in your own life
- **Examples of relevant goals:**
  - *Do more squats*
    - **Why?** Doing squats helps me build muscle that improves my balance, manages my weight, and protects me from injury.
  - *I want to get back into running more*
    - **Why?** Running will help improve my health, manage my weight and reduce my chances of having a heart attack.
  - *I want to eat less ice-cream*
    - **Why?** I want to eat less ice-cream to reduce my sugar intake to improve my mood, manage my weight and stop my diabetes getting worse.




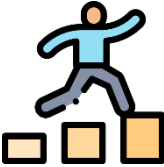
## Time-Based (or Trackable)

- Making goals time-based is important. This lets you reflect on your progress and make changes to your plan if necessary.
- **Examples of time based goals:**
  - *I want to be better at doing squats:*
    - **Original goal:** Do 20 full squats with good form within a month.
    - **Time-based (trackable) goal:** I will do five squats with good form every day for a week, then gradually increase the number of squats
  - *I want to get back into running more:*
    - **Original goal:** Run a 5K race in 2 months.
    - **Time-based (trackable) goal:** I will walk 20 minutes three times a week for one week, then run for 5 minutes during the walk, then increase by 5 minutes every week until I can run continuously for 30 minutes three times a week
  - *I want to eat less ice cream:*
    - **Original goal:** Stop eating ice cream for good.
    - **Time-based (trackable) goal:** Replace one scoop of ice cream with a healthier alternative every week until I can go a whole week without eating ice cream



**Even when you have SMART goals, things can still get in the way (barriers). Sometimes you can think about barriers before they happen and work out how to solve them:**

**Goal: From now on I will eat ice-cream only every second day.**

<p><b>Barrier</b></p> 	<p><b>How can I overcome this</b></p> 
<p><i>I like eating sweet and creamy food.</i></p>	<p>When I feel like ice cream, I will eat some berries and yoghurt instead, as they're healthier and lower in kilojoules. I will buy these and have them in the fridge for an easy alternative.</p>
<p><i>Ice-cream is my comfort food. I like to eat it if I feel stressed.</i></p>	<p>Ice-cream isn't the only thing that comforts me when I feel stressed. Going for a walk in the park or doing a relaxation exercise are both good at helping me chill out, and I will do one of these activities instead.</p>

## Map Out Your SMART Goal

To turn your goal from a plan to reality, it helps to:

1. Choose your goal.
2. Create a plan of action.
3. Choose some strategies to help make your goals more achievable. If you are seeing a health expert, talk those goals over with them.
4. Set a timeline that includes daily/weekly/monthly goals.
5. Write a list of possible barriers that might get in the way sometimes.
6. Beside each barrier, write some possible solutions.

### Example of addressing a barrier:

**Barrier:** Rainy weather



**Solutions:**

- Go walking in the shopping mall not the park
- Do a digital workout session if I can't get to the gym

**Tips For Making Your Goals SMART:**

- Break your big SMART goals into smaller SMART goals



- Start with your small SMART goals so that you feel you're making progress



- Be patient and kind to yourself as you turn your goals into new habits



- Remind yourself that building your habit is just like building more muscle – it takes time



- Always have a plan to achieve your goal



## A SMART Goal Example

- **GOAL:** In twelve weeks I want to be running three times a week for at least 20 minutes.
- **PLAN:**
  - I will get up half an hour earlier and go running 3 mornings a week
  - I will find an exercise buddy to go running with me
  - I will start by running for 5 minutes and increase the time when that feels easier



You can use SMART goals in all aspects of living, including:





## ACTIVITIES

Do these on your own or with the support of one or more health professionals, such as your counsellor, case manager/care co-ordinator, GP, dietitian, or exercise physiologist.

Are you ready to set smart goals?

Without looking back over what you have read, see if you can remember what each letter stands for in the word SMART:

**S**

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**M**

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**A**

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**R**

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**T**

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## Goals that are not SMART

1. I want to be fitter
2. I want to lose weight

## Examples of good SMART goals

1. I will walk 3 times per week for at least 20 minutes over the next 4 weeks. I will write the days and times that I am walking on a planner. I want to do this because if I walk more, I will be healthier and feel more energy.



2. Over the next 3 weeks, instead of eating ice-cream every day, I will only have a small bowl every second day. I will put a note on my fridge to know which days I am allowed to have a small bowl of ice-cream. I want to do this to better manage my weight and diabetes.





## Let's Practice Making SMART Goals

These can be any goals relating to you and the healthy lifestyle changes that you want to make. Try writing down three **SMART** goals.

1

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2

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3

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**Once you have identified your SMART goals, it is important to:**

1. Create a plan (daily/weekly/monthly) and get help with strategies to make your goal more achievable
2. Identify barriers that may get in the way
3. Be prepared for set-backs and think about how you can overcome them.



**What are some of the barriers that you think may stop you from achieving these goals? Can you find ways to overcome these?**

*Fill in the table below.*

1	<b>Barriers</b>
	<b>How can you overcome these barriers?</b>

*Activity continued on the next page*



2	<b>Barriers</b>
	<b>How can you overcome these barriers?</b>

3	<b>Barriers</b>
	<b>How can you overcome these barriers?</b>

**Congratulations! You've now completed Module 1: Goal Setting**



**Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:**

**[mindgardens.org.au/KBIMResources](https://mindgardens.org.au/KBIMResources)**



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