

SMART About Successful Lifestyle Change

SETTING GOALS

Make a plan that will stick. Your plan is a map that will guide you on this journey of change. Begin by setting a short-term goal. An example: you want to exercise more. Detail the time of day you will walk, how long you will walk, and what you will do instead if there is bad weather. THINK Specific – Measurable- Action oriented- Realistic- and Timed. WRITE YOUR GOAL DOWN.

MONITOR YOURSELF

Use an app or a notebook and write down your goal and plans. Then write down what you do. An example: you want to change your eating, so you write down in a small notebook everything you eat all day.

ASSESS AND EVALUATE

Look at how you are doing. Notice what might have gotten in your way. Is there some other way to manage that? An example: if you find you are eating sweets after dinner every night, come up with an alternative activity each evening that would keep you busy.

RESOURCES

Identify who can help you achieve your goals. Is it a friend who wants to exercise as well or a co-worker or family member? Is it using your smart phone/watch to gather data or your activity tracker? Is it using your computer for

meditation? Research resources to help you achieve your goals.

TRACK YOUR PROGRESS

Spend time to observe how you are doing with your goals? Where did you start? Where are you now? What do you need to change or do differently to make progress? TRACK- so you can observe yourself, reinforce what you are doing well, and change what is getting in your way of achieving your goal.

You may know exactly what you need to do to enjoy a healthier, happier life. You may understand that you need to exercise more or eat less or begin to do regular meditation. There's just one hitch. You haven't been able to do it yet.

It's true, making long-term behavior change is not easy! Breaking it down into manageable parts or short-term goals is an approach that will help you to get started. Begin by using the worksheet on the next page.

**“A lifestyle change begins with
a vision and a single step”**

Jeff Galloway

BEGIN WITH ONE SMART GOAL FOR THIS NEXT WEEK:

SPECIFIC

MEASURABLE

ACTION-ORIENTED

REALISTIC

TIME TO DO THIS IN
