



Setting Goals for the New Year and how to do it the SMART way! – January 2014

Is it time to set some new goals, lets do it the SMART way!

If like me you have indulged too much over the festive season - drunk too much alcohol and eaten too many mince pies a New Year is a good time to start making some changes to your health and lose some of those extra pounds. Lets set some goals and make it SMART? Most people set unrealistic goals and then wonder why they don't succeed, so here are a few tips on how to be SMART.

Identify a SMART Mind Goal

In order to experience goal setting, I want you to think about a goal that you could set yourself, something you want to achieve in your life. Look at all the areas: Health, Relationships, Family, Money, etc. Lets take Weight Management for example:

So why do we use the SMART GOAL?

- The most effective approach to weight management is to focus on helping you to develop healthy eating habits and activity habits.
- It will help break unhealthy eating and activity patterns and establishes new healthy ones.
- Given the right health-promoting habits you will eventually reach and maintain a healthy weight & increase fitness levels.
- Most goal setting is informal - there is an advantage to setting formal goals
- Formal goals are more likely to be achieved as they enhance internal motivation
- We all like achieving goals - this is a powerful way of reinforcing healthy behaviour. **IMPORTANT:** set goals that will work for you.

Shifting your thinking to what your outcome will be!

What's the difference between the conscious and the unconscious?

The **CONSCIOUS MIND**

- Directs the Unconscious mind
- Like the Captain of the ship - gives orders
- Is the Goal setter

The **UNCONSCIOUS MIND**

- Takes orders
- Like the crew of the ship
- Is the Goal getter

We need to program the unconscious mind in a positive way!

Goal setting - defines a destination

The Journey - defines the route

Being outcome focused is moving from a **Present State** (where you are now **Stuck**) to a **Desired State** (Outcome goal WHERE YOU WANT TO BE) and along the way there is a process called the **Journey**, which will guide you and give you feedback.

Is your Goal?

S - specific

M - measurable

A - as if it is NOW

R - realistic

T - towards & time specific

SPECIFIC - Goals need to be clearly defined and focused on specific behaviours - not vague

Q. Which of these goals are Specific goals and which are NOT?

- A. Walking to work, using the stairs, reducing the number of chocolate bars to 2 per week
- B. Doing more exercise, being more healthy, eating less

Answer = A

Why? B is not measurable.

MEASURABLE - You must be able to judge whether you have achieved your goal or not

Q. Which are measurable goals and which are NOT?

A. Going for a walk, eating fewer crisps and chocolates per week

B. Walking for 30mins twice a week, eating only 2 chocolate bars instead of 7 per week

Answer = B

Why?

B can be easily monitored whilst A is wholly.

ACHIEVABLE - Are the goals realistic i.e. possible to achieve? Be careful of being over-enthusiastic - not achieving goals can seriously harm motivation and self-esteem.

Q. Which are Achievable goals and which are NOT?

A. Eating 2 chocolate bars rather than 7 per week; walking for 30 mins twice per week

B. Never eating crisps again; going to the gym 5 times per week.

Answer = A

Why?

Habits need to be reinforced over time. If they are realistic and achievable you will achieve them.

Failing to reach your goals that are set too high, will tend to lead to feelings of failure if not achieved.

RELEVANT - Is the goal relevant to what you want to achieve

Choose goals that make a difference to the overall problem.

Q. Which are relevant goals and which are NOT?

A. Choosing not to eat chocolate bars but you only eat them about twice a month normally

B. Choosing to walk twice per week, as you already walk once per week

Answer = B

Why?

Choosing to increase the levels of something you already do and enjoy will mean your goal is more likely to fit into your current lifestyle = more achievable.

Can be more helpful to increase something you already do than adopt a new behaviour.

Goal must make a difference to what you are trying to achieve - e.g. if you don't eat choc often, then cutting out will not reduce weight. If eat lots of fruit and veg then setting 5 per day target not going to improve health.

TIME-LIMITED - Everyone needs deadlines. Make sure you give yourself a time limit to achieve your goal.

Q. Which are time-related goals and which are NOT?

A. Increasing my cycling to twice a week

B. Going swimming more often

Answer = A

Why?

Setting goals on a weekly time frame is an easier concept than the thought of practicing a new behaviour over a longer period.

HARD WORK DESERVES A REWARD

Why use rewards?

Gives you a reason to change your behaviour - more likely to stick to goal if you reward yourself at the end.

How do rewards work?

If you are working towards achieving a Goal and you know at the end of it you will feel healthier, look slimmer and be able to wear that little 'Black dress", you are more likely to work harder to achieve your goals.

REMEMBER food is not a reward, there are lots of other ways of rewarding yourself!

Colonic Hydrotherapy - will help to clear your bowels of those unwanted toxins and as part of a weight management program - email: Jo@serenityflow.co.uk for more information