

Making Changes

Goal Setting and Action Planning

“A goal without a plan is just a wish.”

1. Turn your ideas into SMART goals. Write them down.

S	Specific
M	Measurable
A	Attainable
R	Relevant
T	Time-based

*Example1: Idea: I want to get more active.
SMART Goal: I will be able to jog non-stop for 10 minutes by June 1.*

*Example2: Idea: I want to drink more water.
SMART Goal: I will drink at least 500mL of water every day.*

2. Make an Action Plan. Write it down too.

Write down specific actions you can take to achieve them. Actions will answer the questions below, which makes them SMART too.

- What are you going to do? (be specific)
- How much will you do? (e.g. time, distance, portions, repetitions)
- When will you do this? (e.g. a time of day or linked to another activity)
- How often will you do this? (e.g. 2 times per week, on Mondays, etc...)

Consider: Are your goals achievement goals (with an end point) or habit goals (all the time). When making an action plan for a habit goal, sometimes it helps to link the action to a habit you already have.

*examples: Drink a glass of water every time you brush your teeth.
Do 5 squats every time a commercial comes on TV.
Add psyllium to every bowl of bowl porridge you eat.*

Consider: On a scale of 1-10, how confident are you that you can do your action(s) in the time specified? Modify to ensure confidence level ≥ 7 .
You want to be successful!

3. Review progress. Problem solve. Change your Action Plan as needed.

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Example:

SMART goal	I will drink 1 L of water every day.
<i>Examples of possible actions</i>	I will drink 250 ml of water before breakfast, lunch, dinner and going bed every day.
	I will fill a 1L water bottle every morning and drink it all by bedtime.
	I will order a 500 ml bottle of water (instead of pop) with my meal at lunch.

Now you try!

What is your goal?

What are you going to do? (be specific)

How much will you do? (e.g. time, distance, portions, repetitions)

When will you do this? (e.g. a time of day or linked to another activity)

How often will you do this? (e.g. 2 times per week, on Mondays, etc...)

Is this an achievement goal or a habit goal? _____

On a scale of 1-10, how confident are you that you can do your action(s) in the time specified? _____ Modify to ensure confidence level ≥ 7 .