

# "Getting Active" Is A Very Common New Year's Goal

# **But How Do We Work Towards That Goal?**



https://inside.ewu.edu/calelearning/psychological-skills/goal-setting/

# **Types Of Goals**







### Outcome Based On A Group Standard

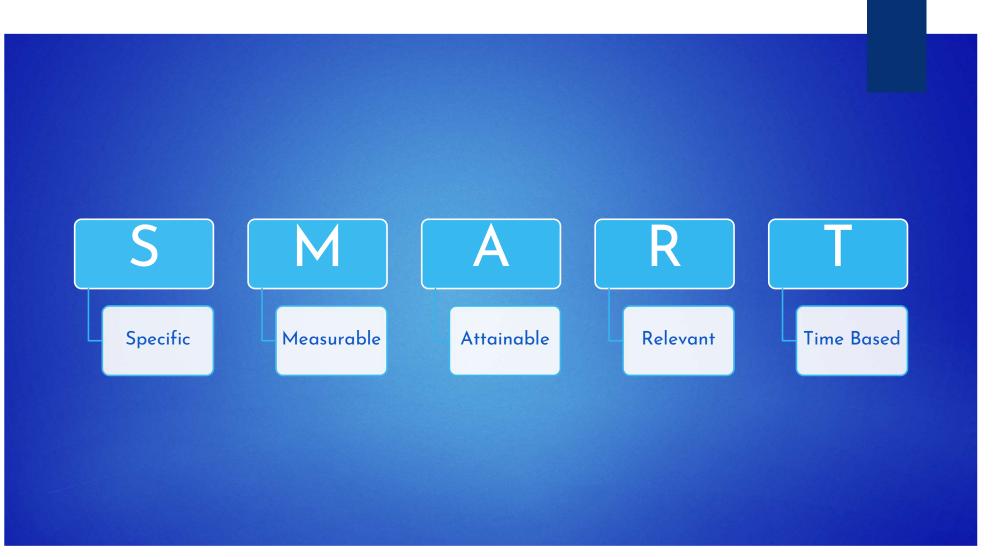


#### Process

- Walk On A Treadmill For 20 Mins Daily
- Performance
  - Be Able To Walk 540 Meters During The 6 Minute Walk Test

#### Outcome

Lose 5 Lbs In 2 Months

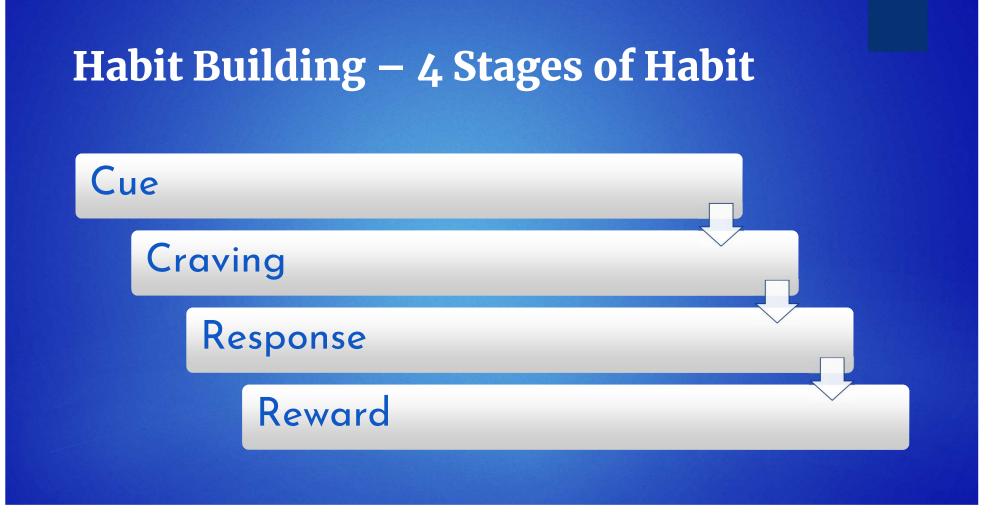


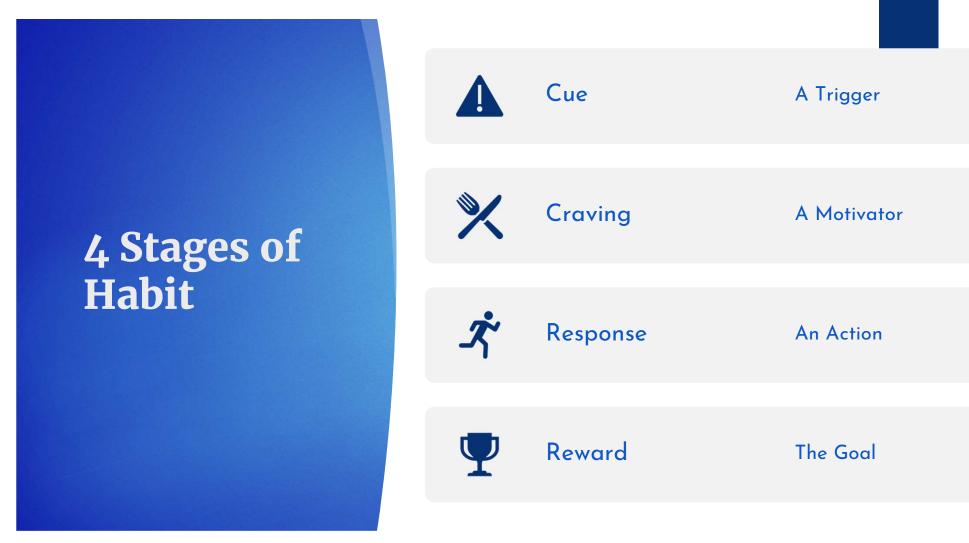
### **SMART Goals**

#### ► Specific

- ▶ Who, What, Where....
- Detailed Statement
- ► Measurable
  - ▶ There Must Be A Way To Measure Your Progress
- Attainable
  - ▶ It Is Within Your Reach
- Relevant
  - ► It Aligns With Your Own Aspirations
- ► Time Based
  - Set A Deadline

https://jamesclear.com/three-steps-habit-change





# **4 Stages Of Habit**

#### Negative Habit

- ► Cue
  - Coming Home From An Event
- Craving
  - ► A Sweet Snack
- ► Response
  - ► Grab Cookies From The Shelf
- Reward
  - Satisfies Craving For Sugar

#### **Positive Habit**

- ► Cue
  - ► Coming Home From An Event
- ► Craving
  - ► To Feel Energized
- Response
  - ► Complete A 5 Min Exercise Series
- Reward
  - ► Feeling Energized

## How To Set Yourself Up For Success?



Step 1: Create A SMART Outcome Goal



Step 2: Break Down The Outcome Goal Into 2-3 Separate Process/Procedure Goals



Step 3: Find Ways To Include Cues For The Process Goals Into Your Everyday Life

# **Sample Goal Setting**



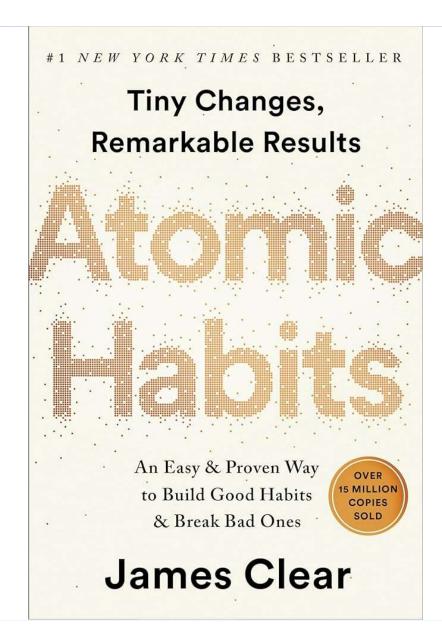
"I Want To Be Active"



Process Goal: I Will Complete A 20 Min Exercise Video, 3x/Week Performance Goal: I Will Be Able To Complete 18 Sit To Stands In 30 Secs Outcome Goal: Improve Blood Pressure To 130/85 In 2 Months



You'd Be Surprised What You Can Achieve With Dedication!



Book Recommendation

### **Senior's Fitness Test Scores**

#### This Can Be A Good Way To Create Measurable And Relevant Goals!

<u>Seniors' Fitness</u> <u>Test Scores</u>



