

GOAL SETTING - FINDING THE WHY

STRATEGIES TO HELP PLAN AND ACHIEVE YOUR GOALS



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INTRODUCTION

Have you ever had thoughts about setting goals and why you felt like you weren't meeting them? Or have you ever pushed yourself to a point of breakdown or experienced setbacks and felt that you had to start from the beginning, again and again?

This eBook is about setting SMARTer goals, overcoming setbacks, regaining control of your life and some tips and tricks and activities to help you achieve them. This tool can help you gain an insight into the goal setting mindset, which can be applied and customised to your journey regardless of the outcome:

e.g exercise and/or dietary changes, mental health and wellbeing or even finishing a big assignment that has been daunting you.

This is a guide, so just take away as much or as little information as you would like.

THE OUTLINE

1. The Reason Why
2. S.M.A.R.T Goals
3. Process Goals
4. Timeline of Plan
5. Change is Not Linear
6. Barriers and Strategies
7. Coming Back After a 'Setback'
8. Support Networks
9. Mental Health
10. Planning Your Activities
11. Activity Diary
12. Thankyou

This short and simple eBook is designed to help you create and take action towards your long-term goals, encompassing some self-reflection questions and activities. On the left of this page, you will see an outline of the topics covered and if you would like more information or assistance, feel free to contact us at 'With Pride' via the contact details provided on the last page.

The knowledge learnt here can be applied to any health domain, and can be brought to your any of your appointments with us if you choose to do so, or kept on your person if that makes you feel comfortable.

All activities are optional and there to support your journey to achieve your goals.

Thankyou,

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In clinic & online services

THE REASON WHY

The ultimate question; WHY are we about to embark on this journey towards (insert goal here), why is this so important to us?

We can tell ourselves that we want to perform a certain way at school, meet our health goals, lift heavier weights and etc but, what does this mean to us?

The reason why we want to achieve certain goals or dreams can come from the desire for an external reward (extrinsic motivation) such as a medal, or a prize, inner desire to do something just because it is enjoyable and interesting to you (intrinsic motivation), or a combination of both.



ACTIVITIES

1.1. Write down your goal/s

1.2. Write down why this goal is important to you. Remember to dig deep and be as specific as you can.

1.2a. If you have more than one goal, order them from top (most important at this current time) to bottom (least important at this current time) and why.

1.3. Where does your motivation lie? Intrinsic (inner self) or extrinsic (external reward) or both? What are they?

S.M.A.R.T GOALS

SMART Goals are goals that are specific, measurable, achievable, realistic and timely. Think of smart goals as the main goal, milestone or dream you have of achieving.

These goals help us decide what bigger picture you are working towards, which will then help you develop smaller steps between now and then.

Let's break it down...



Specific: E.g. I want to lose 5kg in 6 weeks, instead of I want to lose weight. Rather than something vague, try to be more specific.

Measurable: How are you going to measure your progress? How are you going to quantify it? I.e. A target of '2 weeks', "kg" or "5km"

Achievable: Think about this. Is it achievable for you to meet your goal in the timeframe you have set?

Realistic/ Relevant: It is okay to challenge yourself, but not from 0-100. Is this goal you are thinking of realistic?

Timely/Time-Bound: This is the timeframe or deadline that you have set for yourself to meet your goal.

Now that you have established your REASON WHY you want to achieve something, you can begin thinking about how you are going to get there via SMART GOALS and PROCESS GOALS.

Now with this in mind, let's do another activity.

ACTIVITY

2: Write Down Your SMART Goal/s

Specific:

Measurable:

Achievable:

Realistic/Relevant: Yes/No, Why/Why not?

Timely/Time-Bound:

PROCESS GOALS

Once you have set your bigger goal (the S.M.A.R.T goal), you can now think about the smaller stepping stones that you can take to meet it, also known as process goals. Process goals are steps you can take that you can control, towards the bigger goal in mind. Think of this step as filling in your timeline or plan to get from point A (start) to point B (long-term goal); the short-term goals.

For example, having a S.M.A.R.T goal as: 'Wanting to lose 5 kg's in 6 weeks.' Some process goals could be: 'going to the gym 3 times a week' for an hour and/or aiming for 3 meals a day. These small stepping stones are goals you achieve during the process of aiming for your long-term goal.



One study found that individuals who used process goals, showed greater levels enjoyment, adherence, lower pressure when compared to individuals who focused on outcome goals alone and those who were in control groups. (1)

ACTIVITY

3.1. Write a list of short-term goals or steps you can take to meet you long-term goal. Keep in mind that this can change due to personal circumstances, but you can always come back and make new steppingstones.

3.2.: Draft your plan/ timeline. Remember, circumstances change, and you can always come back to this and adapt as you go. This space is for ideas.

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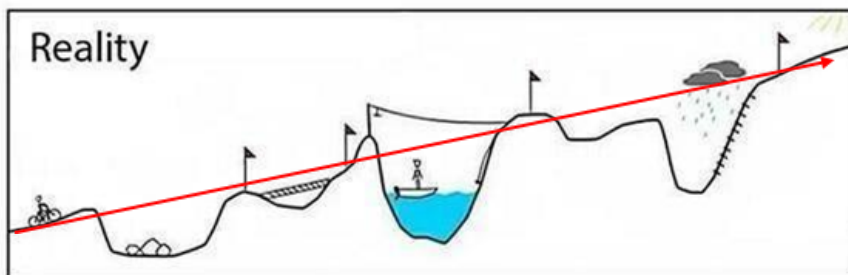
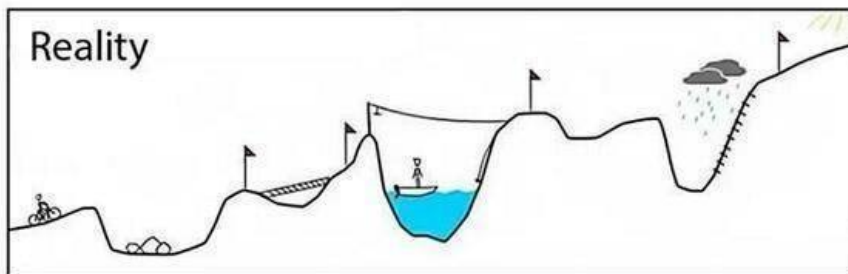
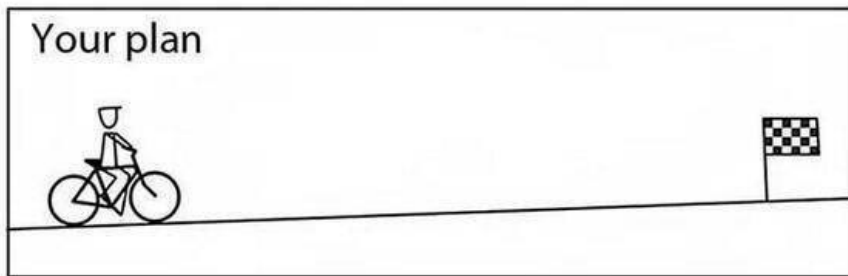
END-GOAL

START

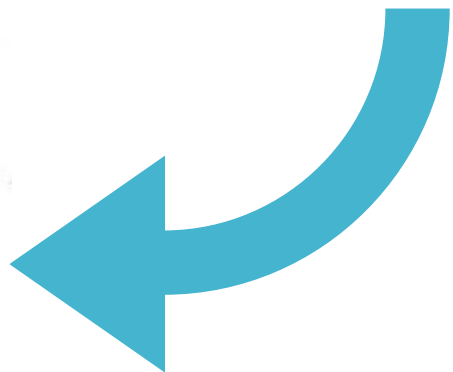
CHANGE IS NOT LINEAR

One of the truths of life is that things sometimes don't go the way we plan, and it happens more often than you think. Plans can change as we encounter new obstacles however big or small, but it is how we overcome them and bring us back down to our process goals. Meeting goals can take time, it is a 'process'. It can take a myriad of processes and attempts to meet our goals and overcome the barriers we face.

Have a look at the diagram below.



The top picture shows a straight and clear path towards the finish line. The bottom picture shows the start and finish with a few setbacks along the way that may make us feel like we have to 'start again'. However, if you take a closer look at the bottom scenario, you can see that although there were obstacles that may have taken some extra time and skewed the person's plan, they still come closer their goal each time they overcome an obstacle (see the picture below).



BARRIERS AND STRATEGIES

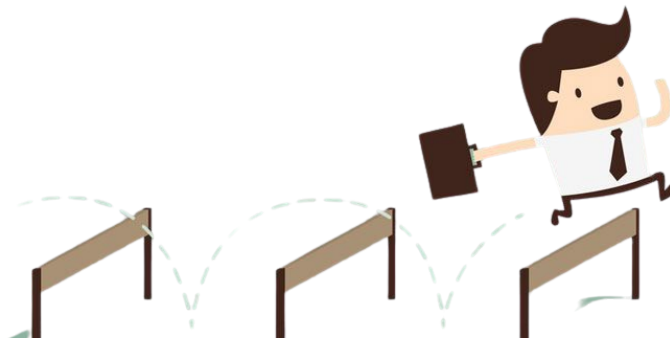
Have you ever really wanted to do something but felt that you couldn't because.....



This is what a barrier is; *"a fence or obstacle that prevents movement, going forward or access."*

It is normal to come across barriers that can slow down your movement towards an aim, especially if there has not been a clear and established reason 'why' you were aiming for something and why it was important to you.

Strategies can be used as a game plan to overcome obstacles faced during process. Think of them as the adaptations or changes you can make to not let the barriers get in the way.



ACTIVITY

4.1. Thinking about what you have learnt so far what are some of the obstacles or barriers that you think will stop you from meeting your goals, i.e. bad weather, lack of access to facilities, confidence, time etc.

4.2. Now that you have listed some barriers, what would help you overcome them; your strategies. I.e. more education, having an adaptable outdoor program moved indoors, cleaning out your fridge to have healthier snacks and so on.

COMING BACK AFTER A 'SETBACK'

So you feel like you have hit an obstacle or 'strayed away' from your goal plan. You may be upset and frustrated, and feel as though you 'should start from the beginning' or 'make up for lost time' by pushing yourself harder to meet your goals. This is a valid feeling, however 'starting from scratch' is probably not the best approach. Reflect back on what was mentioned before; 'Change is not linear.' There will be times that we come across obstacles and are unsure of how to overcome them. Your support network can help you overcome this, and assist in developing strategies to get through them.

WHAT NOW?

1. **Remember the reason why you started.** Why is it important to you?
2. **What is your story?** What obstacle did you come across?
3. **What were you feeling/thinking at that time?**
4. Did you have a **strategy** for this circumstance/situation?
5. Have you spoken to your healthcare provider and/or **support network**?
6. **Jump back in where you left off.** This is a time to continue with your plan and implement new strategies and approaches or even a time to modify your plan depending on your circumstances.
7. **Remember, achieving goals is a process.** It takes time, and there can be different routes to achieve them. It is about finding what works best for you. If a certain approach does not work well for you, that is okay. You can discuss a new or modified approach with your healthcare provider.

WHAT'S NEXT?

1. What do **YOU** feel/believe will help you the most? Why? Remember to discuss this with your practitioner. Your perspective, ideas, experiences and beliefs are key in developing and implementing new stepping stones to meet your goals.



SUPPORT NETWORKS

A study by Gary P. Latham and Lise M. Saari in 1979 found that goals that are set together with, and supported by an Allied Health Professional resulted in better performance, compared to goals that were assigned to a person by a health professional (2)

WHO CAN BE IN MY SUPPORT NETWORK?

Any one you choose can be in your support network such as family members, partners, friends, and allied health professionals. You can discuss any goals you have with these individuals at your discretion. If one of your goals involve walking outdoors or exercising for example, and one of your barriers may be that you feel unmotivated to do it alone, you can do it with another person or group to increase your motivation and enjoyment.

BUILDING YOUR SUPPORT NETWORK IN HEALTH CARE

If you see a health professional and would like them to keep in touch with other professionals you have been seeing in order to provide the best care for you, let them know. All information and consultations are kept private and confidential and referrals to your GP or contact with other providers will only occur if you provide consent,. It is your choice if you wish to do that or not. If you would feel more comfortable if you brought a partner, family member or friend to your appointment, let your practitioner know so that they can accommodate for it.



Patient Centered Care- EPASS Toolkit(4)

PATIENT CENTERED CARE

'Patient-centered care is about treating a person receiving healthcare with dignity and respect and involving them in all decisions about their health. This type of care is also called 'person-centered care'. It is an approach that is linked to a person's healthcare rights' (3)- Better Health Vic

2. Latham GP, Saari LM. Importance of supportive relationships in goal setting. Journal of Applied Psychology. 1979 Apr;64(2):151.

3. <https://www.betterhealth.vic.gov.au/health/ServicesAndSupport/patient-centred-care-explained#:~:text=Patient%2Dcentred%20care%20is%20about%20treating%20a%20person%20receiving%20healthcare,to%20a%20person's%20healthcare%20rights>

4. <https://epasstoolkit.com/concepts-behind-the-epass/person-centered-care/>

MENTAL HEALTH

The process of setting and achieving goals can be quite difficult mentally, physically, emotionally and spiritually. Take some time to fill out this mental health worksheet (print as many copies of this page as you would like) to briefly reflect on how you have been going.



MONDAY

Describe my day in one word _____

Steps I took towards my goal (briefly) _____

Something Positive that happened today _____

Anything not so positive that affected you? _____

TUESDAY

Describe my day in one word _____

Steps I took towards my goal (briefly) _____

Something Positive that happened today _____

Anything not so positive that affected you? _____

WEDNESDAY

Describe my day in one word _____

Steps I took towards my goal (briefly) _____

Something Positive that happened today _____

Anything not so positive that affected you? _____

THURSDAY

Describe my day in one word _____

Steps I took towards my goal (briefly) _____

Something Positive that happened today _____

Anything not so positive that affected you? _____

FRIDAY

Describe my day in one word _____

Steps I took towards my goal (briefly) _____

Something Positive that happened today _____

Anything not so positive that affected you? _____

MENTAL HEALTH CONTINUED..

SATURDAY

Describe my day in one word _____

Steps I took towards my goal (briefly) _____

Something Positive that happened today _____

Anything not so positive that affected you? _____

SUNDAY

Describe my day in one word _____

Steps I took towards my goal (briefly) _____

Something Positive that happened today _____

Anything not so positive that affected you? _____

OVERALL WEEK

On average, how did you feel this week? Circle, or underline an emoji (or two) below.



Any obstacles this week? If so, how did you overcome them/ what strategies have you tried if any?

Have you asked for advice or assistance from your support network? (friend, partner, family member, health professional, someone else)

PLANNING YOUR ACTIVITIES



Use the next page to schedule your activities, appointments or etc for the next week (print as many copies as you would like) and measure your energy levels at the end of the day, before you go to sleep. This is what is known as the 'Activity Diary.'

There are two measures here:

1. Energy levels out of 10 with 0 being no energy and 10 being high energy
2. Drawing an emoji to describe how you are feeling at the current time.

At the end of each week, reflect on how you were feeling on average and ask yourself a few questions:

1. What did I do well?
2. Could I have changed something to improve my energy levels?
3. Did I space out my activities well? Why/why not?
4. Do I feel more energised and focused at a certain time compared to other times during the day? Did I prioritise activities to suit my energy/emotions?

ACTIVITY DIARY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00-07:00							
07:00-08:00							
08:00-09:00							
09:00-10:00							
10:00-11:00							
12:00-13:00							
13:00-14:00							
14:00-15:00							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
20:00-21:00							
21:00-22:00							
22:00-23:00							
23:00-24:00							
Energy /10 + emoji							

THANKYOU

Thankyou for taking your time to download, read and learn from this Goal-setting guide. Once again, if you do have any questions or would like some assistance with your health goals, the smiling faces at team at With Pride will be happy to help you.

MEET THE TEAM

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Amanda Flower
She/Her



Sage King
She/Her

NUTRITIONISTS



Emily Cameron
She/Her



Carrie Ross
She/Her

ACUPUNCTURIST



Sarah Kelly
She/Her

HOLLISTIC LIVING COACH & COUNSELLOR



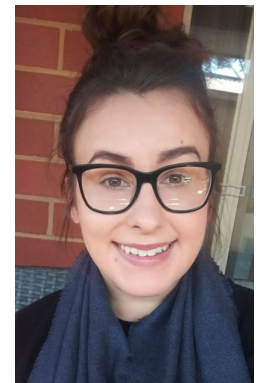
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RESIDENT PHARMACIST



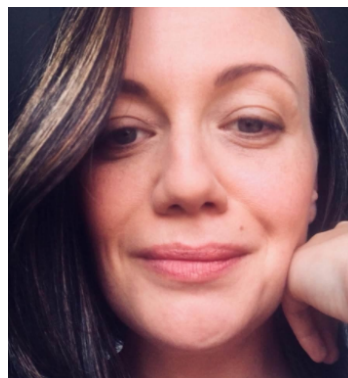
David Porritt
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