

Setting goals

When we set ourselves goals, we can sometimes be a bit too ambitious. For example, setting a goal of 30 minutes of walking 5 times a week if you're not used to any walking is likely to be unrealistic. Start off with a small goal (perhaps a 10 minute walk, twice a week) and then build up slowly. This will help you achieve your bigger goals.

Filling in the plan on the next page may help you to set small, realistic goals. It can also help to think about what circumstances may help you to achieve it and how you can make sure those circumstances happen more often, to help you keep on track.

Healthy eating

My goals: what do I want to change?	When AND where I will do it (e.g. what place and time)	Things can come up that make it tricky to stick to goals. Planning ahead can help:		What else might help me reach my goal? (e.g. support from others, giving myself a reward)
		If I'm tempted not to stick to my plan because...	Then I will...	
EXAMPLE: Eat more fruit	Every day instead of crisps for my mid-morning snack	- there are crisps or cake available - I don't fancy fruit	- remind myself of why I want to eat fruit - save cake/crisps for the weekend	- Get my family/friends/colleagues to do it too - Treat myself for every week I manage it