BE PROACTIVE

Setting Goals

Consider different areas of your life and which of these are important to you

Relationships

Health and **physical well-being**

Work and **career**

Personal and **spiritual growth**

Recreation and **leisure**

Consider different areas of your life and which of these are important to you

Identify the areas of life that are important to you

- What are some lifestyle changes you are thinking of making or have made?
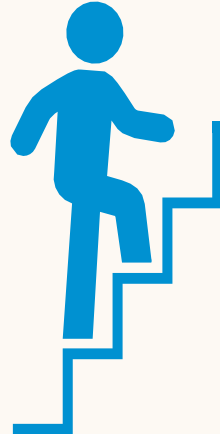- How might/ did these changes contribute to important areas of your life?

Setting my goal

Example of healthy eating goal

Step 1:
Where do you want to be?

Where I am now:
"I love having fried chicken everyday!"

Where I want to be:
Manage my weight better
Eat more veggies and less fried food

This goal is important to me because:
I want to be healthier and look better

Setting my goal

Step 2:
Set your goal

I will …

Action
Stick to My Healthy Plate

Day/Time
Lunchtime on Mondays and Thursdays

Location
At work

Time period
For the next 3 months

Start date
From 14 January

Step 3:
Identify and work around potential barriers

What might get in the way	What I can do	Person(s) who can help
1. Colleagues suggest having fast food for lunch	Suggest to try out eateries with healthier options	My colleague James likes vegetables
2. I have a particular craving for curry puffs when I'm stressed	Unwind in other enjoyable ways, like walking or listening to music	Walk and chat with my neighbour in the evening
3. There is a stall that sells delicious fried food, on my way home	Take an alternative path home	NIL

Setting my goal

Example of physical activity goal

Step 1: Write down the original goal

I will ...

Action
Brisk walk for 30 minutes

Day/Time
Mondays, Wednesdays and Fridays after dinner at 8pm

Location
Along the park connector

Time period
For the next 4 weeks

Start date
From 18 June

Step 2: Solve the problem

	What got in the way?	How can I work around it?
1	I couldn't get off work on time	Do lunchtime exercises or pick a day without 5pm meetings
2	Poor weather	Do indoor exercises
3	Low energy level	I can sleep earlier the night before or pick a weekend day to exercise earlier

Step 3: Revise your goal

I will ...

Action
Do lunchtime exercises and brisk walk

Day/Time
- Lunchtime exercise on Mondays
- Brisk walk on Wednesdays and Saturdays

Location
Office gym, park connector

Time period
Another 4 weeks

Start date
From 18 July

Setting my goal

- **Complete the "Setting my goal" handout to set a new goal**

- **Use the two rulers to check that the goal is doable**

  ↳ If scores are less than 7, adjust the goal

Is reaching this goal important to you?

0

10

Not at all
important

Very
important

Do you think you can reach this goal?

0

10

No, I
cannot

Yes, I
can

Keeping up with my goal

- **Complete the "Keeping up with my goal" handout if there were barriers to accomplishing the goal**

- **Use the two rulers to check that the goal is doable**
  - ↳ If scores are less than 7, adjust the goal

Is reaching this goal important to you?

0   **10**

Not at all important   Very important

Do you think you can reach this goal?

0   **10**

No, I cannot   Yes, I can