

START WITH “WHY”



FIND THE REAL REASON BEHIND YOUR GOALS

As you ask yourself “why” questions, be on the lookout for emotions. As you notice a lump in your throat, or a pause in your voice, get curious about what’s going on. Our feelings tend to lead us to our values, and they’re useful for getting into action and staying engaged.



Finding your “why” is a good practice before goal setting. The “why” ensures our goals are relevant and meaningful, and provides the motivation to achieve the goals we set for ourselves.

When you hit on the values and emotions that drive why you want to achieve a goal, the emotional part of your brain is activated and helps motivate you to action.

Ask Yourself Why 5 Times

Why do I want to lose weight?

Because I want to fit in a smaller pair of jeans.

Why do you want to fit in a smaller pair of jeans?

Because I want to look better.

Why do you want to look better?

I will feel good about myself and have more energy.

Why do you want to feel good about yourself and have more energy?

When I feel good about myself, I am more assertive and confident.

Why do you want to be more assertive and confident?

When I am more assertive and confident, I am in control and better able to get what I want out of life.



Quick Tip:

If you struggle with the question “Why?,” consider asking yourself these questions instead:

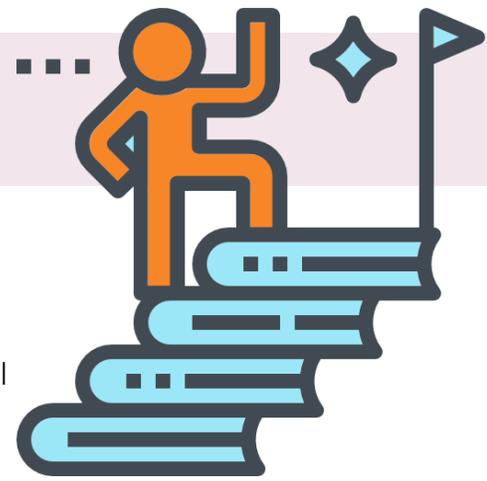
What’s important to you about that?

What makes you want it?



*Identifying your true “why” can drive your health improvement.
Reach out to your care team for more ways to set meaningful health goals!*

GOAL SETTING SUCCESS



As you work on setting goals, follow these steps to help lead you to success.

1. Ask “Why” Until You Hit a Value

What value in your life is this goal honoring? Asking yourself “Why” until you find value can help you find your underlying motivation to change.

2. Visualize Success

Once you find the value, don’t stop. Explore what it is about the value that is so meaningful, and what would be needed to honor and achieve goals leading to the value. Ask questions like:

- What would it be like to achieve that goal?
- What strengths do I have that will help me accomplish this goal?
- Who or what around me can help me be successful?

3. Get SMART Around Your Goals

Make a plan that includes small, reasonable goals with specific actions to take by creating SMART goals. Setting SMART goals means you can clarify your ideas, focus your efforts, and use resources productively. So what is a SMART goal?

- S Specific** - Your goal should be clear and specific. What exactly is it that you are going to accomplish? Define things such as: Who? What? When? Which? Why?
- M Measurable** - Answer questions such as: How much? How many? How often? How long? Include both the frequency and the duration to help track progress.
- A Agreed Upon**—Is this goal applicable to your life and your long-term goals?
- R Realistic**—This step is about ensuring that your goal aligns with bigger picture goals. The goal should be challenging, yet achievable.
- T Time-Bound**—Set an end date for when the goal will be achieved

4. Be Flexible

Life happens! As you work towards a goal, the outcome may shift. Plan to check in on your goals along the way to see if you need to modify.

Ask questions like:

- Is my goal still aligned with the life I want to live?
- What is working? What is not?
- Do I need to tweak any part of my goal?

Quick Tip!: Rather than trying to eliminate a habit altogether, try replacing it with a healthy habit. Example: Replace “I will not eat sweets” with “I will take a quick walk when I am craving sweets.”

5. Check-In and Celebrate!

Taking the time to check in on your goals can help you stay on course. Even more, celebrating your accomplishments can help reinforce the hard work you have put forth and keep you on the road to success. Check in on your progress and build in healthy rewards along the way!

Source: Shine