

I Want to Feel Better

7 Steps for Writing Successful Goals

1. Define your goal

What do you want?

Example: I want to lose weight

2. Refine your goal

What will this bring you? What do you really want?

Example: I want to feel good about myself.

3. Make your goal very specific

Example: I begin each day with a healthy breakfast without processed foods. This may include slow cooked oatmeal with yogurt and berries, scrambled eggs or a smoothie.

4. Visualize each day how you will feel once this goal is complete. Become comfortable with that feeling so you can remember it anytime you want.

Example: I love the feeling of starting my day on a good note with foods that are nourishing. I visualize the joy of beginning each day with healthy food.

5. Create a game plan – write it down

Example: First is the grocery list to make sure all the foods are on hand. Second is to plan ahead so I know what I am preparing in the morning and third is to get up 15 minutes earlier so I have time for my breakfast.

6. Determine how you will measure your success

Example: I will measure my success by the number of days each week that I have a healthy breakfast.

7. Periodically (monthly or weekly) reevaluate the goals to determine if it is still realistic or needs to be redefined.

Example: I am clearly in the habit of having a healthy breakfast and am now ready to create a new habit that will bring me towards losing weight and feeling good about myself.

BONUS: Will you reward yourself from completing your goal? Make the reward something that fits the goal. Example: Buy a new outfit or maybe a new blender for better smoothies!