



setting goals

Setting Goals: At a Glance

I know I need to change some things to help get my diabetes in better control but I don't know where to start.

Thinking about all the things that you need to do to stay healthy can seem like an overwhelming job. Take things one step at a time and map out a clear plan for yourself. Think back on times in your life when you needed to get something done—it is very possible that you've been able to think about how that happened, how you put together a step-by-step plan and then worked toward meeting that goal. Applying those same skills to creating healthy habits and making changes can lead to success. Remember that reaching a goal takes time and being patient, taking small steps toward your ultimate goal and making necessary adjustments along the way can help keep you from becoming frustrated. Celebrate each success no matter how small it may seem!

Where should I start?

First, decide on what it is that you'd like to accomplish or change. Some common goals which can help you improve your overall health include such things as eating a healthier diet, becoming more active, losing some weight or keeping better track of your blood glucose level. Have you tried to work on any of these before? What kinds of things helped you be successful and what kinds of things interfered with you being successful?

What next?

Now get specific about what you want to happen. Break the task down into smaller steps that you think you can accomplish. If you choose weight loss, start by choosing one change that can help lead to reaching that goal and make a plan.

What should my plan look like?

Your plan should include the steps you want to take to help you reach your goal. Let's take a look at a goal of weight loss. It might be overwhelming for you to think about the total amount of weight you'd like to lose but breaking that down into smaller, more easily attainable steps can help. Let's say you'd like to lose 25 pounds. Start by thinking of some things you can do today or this week to get you on your way. Your short term goal might be: I will lose 2 pounds in the next two weeks (or you can put a specific date). The next step is to make a plan on how you can reach that short term goal. If you are a person who skips breakfast but you find yourself snacking on junk food mid-morning because you feel hungry, you might set a goal similar to the following:

1. I will eat cereal with low fat milk and a small piece of fruit for breakfast each morning for the next two weeks
2. I will walk for 15 minutes each afternoon after work for 4 days a week for the next two weeks.

Check your progress along the way. Identify things that may be stopping you from reaching your daily goals and make adjustments as needed. Set a new goal and make a new plan as you are successful. Before you know it, you will be well on your way to reaching your goal of a 25 pound weight loss.

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TIPS

- *Be specific about what you want to accomplish. Broad goals are hard to define and hard to know if you've accomplished.*
- *Be realistic about what you think can accomplish and ask for help, if needed.*
- *Make a plan: take it step-by-step and make changes along the way.*
- *If things don't go just as you planned, don't be discouraged. Take a deep breath and start again; no one is perfect.*
- *Keep a log, track your progress. This is a great way to help you stay on track.*
- *Celebrate all of your successes, no matter how small they seem.*

Notes



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