

Name: \_\_\_\_\_ Course Number: \_\_\_\_\_

Section: \_\_\_\_\_ Date: \_\_\_\_\_

# Ready, Set, Goals!

This section contains four different goal-setting worksheets. The worksheets are tailored to specific stages of readiness to change behavior. Depending on your stage of readiness, your goals will be different.

## Precontemplation or Contemplation

Your goal will be to begin thinking about the healthy lifestyle behavior you selected to work on. You will consider the ways you could benefit from practicing the behavior and think about how you could overcome any obstacles that are blocking you from achieving this goal. This worksheet provides a useful tool for weighing the costs and benefits associated with making a change. It also employs visualization as a technique for thinking about change. You are encouraged to eliminate negative “self-talk” (“I’m always so lazy”) and replace it with positive “self-talk” (“I didn’t work out last week, but I will today”).

## Preparation

Your goal will be to commit to the decision you made to change your behavior soon. You will do so by setting small, realistic goals and creating a plan to take action.

You will learn to write SMART goals—that is, goals that are specific, *measurable*, *achievable*, *relevant*, and *trackable*. For example, instead of setting a goal to “always eat breakfast,” set a more realistic and achievable goal: “I will eat breakfast before Spanish class three mornings this week.”

## Action

Your goal will be to firmly establish the new behavior as a lifelong habit by anticipating problems and preparing to overcome failures, and by rewarding your successes to stay committed.

## Maintenance

Your goal will be to stay focused and renew your commitment to the healthy behavior you selected to work on. You will consider new ways to achieve your goals for long-term health and identify ways to prevent the inevitable slip-ups from becoming full-fledged backslides.

These worksheets are adapted from the “wellStage” brochures developed by Health Enhancement Systems, Inc. (hesonline.com) and are used with permission. These tools are effective in changing not only eating and activity behaviors but also other health behaviors. You are welcome to use these behavior change worksheets in your future area of practice with credit given to the source.

## PRECONTEMPLATION OR CONTEMPLATION

Assessment Area: \_\_\_\_\_

Current Behavior: \_\_\_\_\_

Target Behavior: \_\_\_\_\_

Your goal is to begin thinking about this healthy lifestyle behavior. You will consider the ways you could benefit from this behavior and think about how you could overcome any obstacles that are preventing you from practicing this behavior.

### *Step 1*

Imagine that a friend or family member was told by his or her doctor to adopt this behavior. What advantages of this behavior would you highlight to motivate your friend or family member? (List at least three.)

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What are some things that might get in the way of this person's efforts to implement the target behavior? (List at least two.) What ideas do you have to help your friend or family member overcome these obstacles?

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What suggestions would you make to help this person get started? (What is one small, simple thing he or she could do every day?)

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### Step 2

Now consider your *own* costs and benefits for adopting this behavior. Fill in the grid on the next page. Which is *greater*, the left side—reasons to change—or the right side—reasons to stay the same?

\_\_\_\_\_ reasons to change \_\_\_\_\_ reasons to stay the same

What *one* benefit of the new behavior do you think will motivate you the most?

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What *one* “cost” or barrier do you think will present the biggest obstacle for you?

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### Step 3

Being able to visualize performing the desired behavior is an important step in reshaping your beliefs, attitudes, and behaviors. Visualize yourself practicing the target behavior and all the associated preparation and implementation steps and imagine the subsequent feelings of health and confidence. Write down three distinct visual images of different aspects of practicing this behavior. (Examples include shopping, food preparation, and eating behaviors.) Use positive phrases of self-talk.

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### Step 4

Start to recognize successes you achieve in practicing this behavior, no matter how small. Look over the records you kept. When were you successful in following the desired behavior even a little? Why do you think you were successful?

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Were there certain times of day, or situations, that prevented success? If so, what were they, and how might you prepare for these times so you can be more successful?

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## Lifestyle Behavior Change: Perceived Costs and Benefits

<p><b>Perceived Cost of Continuing Current Lifestyle Behavior</b>  <i>Why should I change?  How is my current behavior hurting me?</i></p>	<p><b>Perceived Benefit of Continuing Current Lifestyle Behavior</b>  <i>What do I give up if I change?</i></p>
<p><b>Perceived Benefit of Adopting New Healthful Lifestyle Behavior</b>  <i>How will this new behavior help me?</i></p>	<p><b>Perceived Cost of Adopting New Healthful Lifestyle Behavior</b>  <i>How much will this change “cost” or hurt?</i></p>

**Step 5**

Increasing your knowledge of the advantages of practicing this behavior and the disadvantages of failing to do so can help motivate you for change. What one thing can you learn more about?

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**Step 6**

Other people can help or hinder the behavior change process. Identify at least one person who can support your efforts, and list one or more things he or she can do to provide support.

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**PREPARATION**

Assessment Area: \_\_\_\_\_

Current Behavior: \_\_\_\_\_

Target Behavior: \_\_\_\_\_

Your goal is to commit to the decision you have made to change your behavior *soon*. You will do so by setting small, realistic goals and creating a plan to take action.

**Step 1**

How do you expect to benefit from adopting this behavior?

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Which of these reasons is *most* important to you, and why?

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**Step 2**

What changes will you need to make to achieve the target behavior? In other words, what will you need to do differently to succeed?

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### Step 3

Set goals to help you practice the target behavior. **SMART** goals have all of the following characteristics:

<b>S (Specific)</b>	Write down precisely what you want to achieve. Don't be vague.
<b>M (Measurable)</b>	Write down amounts, times, days, and any other measurable factors.
<b>A (Achievable)</b>	Your goal should be realistic—something that challenges you to stretch but is not impossible to achieve. Avoid the words <i>always</i> and <i>never</i> .
<b>R (Relevant)</b>	Your goal should be important to <i>you</i> , rather than simply done as an assignment for class.
<b>T (Trackable)</b>	Recording your progress helps you see what you've achieved and is one of the things that results in long-term success.

Write one or two SMART goals that will help you achieve the target behavior:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Step 4

Commit to take action. Set a start date. Pick a date at least 5 days before this part is due so that you can try out your goals and record the results of your efforts.

Start date: \_\_\_\_\_

Tell someone what you plan to do. Being accountable to others motivates you and also offers you the support and encouragement of others.

Who did you tell? \_\_\_\_\_

Signature: \_\_\_\_\_

*Step 5*

Track your progress. For 3 days after your start date, keep track of the results of trying to meet your SMART goal(s) on the following chart:

SMART Goals	Dates	Results

*Step 6*

Evaluate your progress and continue or modify your plan:

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**ACTION**

Assessment Area: \_\_\_\_\_

Current Behavior: \_\_\_\_\_

Target Behavior: \_\_\_\_\_

Your goal is to firmly establish this behavior as a lifelong habit by anticipating problems and preparing to overcome failures, and by rewarding your successes to stay committed.

*Step 1*

In what ways have you benefited from adopting this behavior?

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What motivates you the most to continue practicing this behavior, and why?

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### Step 2

What are some of the obstacles that you have encountered that make it difficult to consistently practice this behavior? (Common obstacles include stress, lack of time, travel, and boredom.) List each obstacle you encounter (or anticipate encountering), and identify one or more potential solutions to keep this obstacle from getting in your way of achieving your goal.

Obstacles	Solutions

### Step 3

Set goals to help you continue to practice the target behavior. **SMART** goals have all of the following characteristics:

<b>S (Specific)</b>	Write down precisely what you want to achieve. Don't be vague.
<b>M (Measurable)</b>	Write down amounts, times, days, and any other measurable factors.
<b>A (Achievable)</b>	Your goal should be realistic—something that challenges you to stretch but is not impossible to achieve. Avoid the words <i>always</i> and <i>never</i> .
<b>R (Relevant)</b>	Your goal should be important to <i>you</i> , rather than simply done as an assignment for class.
<b>T (Trackable)</b>	Recording your progress helps you see what you've achieved and is one of the things that results in long-term success.

Write one or two SMART goals that will help you consistently achieve the target behavior:

1. \_\_\_\_\_

2. \_\_\_\_\_

### Step 4

Reward your progress. Permanently changing lifestyle behaviors takes patience and consistent positive reinforcement. List several rewards you could give yourself for meeting your goals:

Select a reward for meeting your goal(s) for 3 days: \_\_\_\_\_



### Step 5

Record your progress toward earning your reward. For 3 days, keep track of the results of trying to meet your SMART goal(s) on the following chart:

SMART Goals	Dates	Results

## MAINTENANCE

Assessment Area: \_\_\_\_\_

Current Behavior: \_\_\_\_\_

Target Behavior: \_\_\_\_\_

Your goal is to stay focused and renew your commitment to this behavior. You will consider new ways to achieve your goals for long-term health, and identify ways to prevent the inevitable slip-ups from becoming full-fledged backslides.

### Step 1

What benefits of practicing this behavior are most important to you, and why?

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### Step 2

How easy is this behavior to maintain? Is it truly a habit or do you need to expend some effort to do it?

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Sometimes you might get off track briefly (but, hopefully, not permanently) and need to recommit yourself to a particular practice. How frequently do you *not* practice this particular behavior and why?

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To prepare for these times, list several situations that might cause you to discontinue this behavior more often than once in a while. For each challenging situation, list one or more ideas to stay, or get back, on track.

Challenges	Solutions

### Step 3

Try a new approach to achieving your goal (try a new food, a new recipe, a new activity, a change in routine). List at least two new things you could try:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Step 4

Record when you tried these new approaches and how it went:

New Approaches	Dates	Results

### Step 5

If appropriate, consider writing a more challenging goal to achieve. Write your new goal:

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Source: B. Mayfield. (2006). *Personal Nutrition Profile*, 2nd ed. Sudbury, MA: Jones & Bartlett, 109–118.