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TIPS

FOR SETTING
THE RIGHT
GOALS

WE'VE ALL HAD THE EXPERIENCE OF SETTING AMBITIOUS NEW YEAR'S RESOLUTIONS ONLY TO FEEL DEFEATED BY MID-JANUARY.

Why does this happen? It's not because we're bad people or we're lacking willpower. According to psychologist Dayna Lee-Baggley, it's because we set the wrong goals in the first place.

Succeeding with our goals depends a lot on the *kind* of goals we set. Here are three simple tips for setting goals that will set us up for success.

1

CHOOSE A BEHAVIOR

Dr. Lee-Baggley defines a behavior as “something that someone else can see you do. Behaviors do not include feelings – it’s not whether you want to do it or even whether you enjoyed it,” but rather a concrete action.

Some examples of behaviors include:

- 30 minutes of walking around your neighborhood three times a week.
- Choosing to drink water instead of soda at restaurants.
- Meditating for ten minutes every day.

They are actions you can track & cross off of a to-do list - positive reinforcement that will help keep you motivated.

2

PICK A 90% GOAL

Dr. Lee-Baggley explains that “*picking something that you’re 90% sure you’re going to succeed at is critical, because when we feel like we’re succeeding at something, we want to keep going.*”

If you already walk 30 minutes a day, two days a week, a 90% goal might be planning to walk 30 minutes a day three days a week. Start with something realistic, which enables you to succeed and then build on your success by making the next goal a little bigger.

The key here is to pick something you know you can accomplish.

3

FOCUS ON A “DO INSTEAD” GOAL

Many people often choose a goal about food that is very restrictive. For example, “I’m going to stop eating junk food.” Instead, Dr. Lee-Baggley encourages you to ask yourself, “*What am I going to do instead of eating junk food?*” and set that as your goal instead. For example, instead of eating chips in front of the TV at night, I will enjoy sliced carrots instead.”

Other examples of “do instead” goals are:

- “I will replace my soda at lunch with sparkling water during the work week.”
- “I will start enjoying ‘meatless Mondays.’”

Important note: these goals are *not* “I will give up soda” or “I am not eating meat anymore.”

**INCORPORATING THESE
THREE TIPS WHEN SETTING
GOALS FOR YOURSELF WILL
INCREASE YOUR LIKELIHOOD
OF SUCCESS, MAKE YOU FEEL
BETTER ABOUT YOURSELF,
AND HELP YOU REACH YOUR
LONG-TERM GOALS.**