

**Staying on track with health goals is not easy. There can be many bumps, twists and turns along the way. Here are a few things that can help you succeed.**

### **1 - Follow the steps of turning "Ideas into action".**

- Define your vision.
- Set goals
- Develop an action plan

**Take the time to complete the Ideas into Action Worksheet**

### **2 - Change is hard and is supposed to feel like work.**

- Linking why you want to change to what is important to you or your values can help to predict your success.

### **3 - Make sure you have these key ingredients for change that will last.**

#### **Motivation**

It takes effort to stay focused on why the changes you are making are important. There are advantages (pros) and disadvantages (cons) to all changes.

#### **Skill**

You need to know what to do and how to do it. If you don't have the skills needed to succeed, look for ways you could learn them.

#### **Support**

We all need some help along the way. Identify people and situations that will make it easier for you to stick with the changes that you are working on.

#### **Confidence**

You need a plan for dealing with things that can get in the way. Think about barriers and roadblocks and have a plan ready. This can help you to reach your goals no matter what happens along the way.

### 4 - When things don't go as planned it can be helpful to look at things differently.

- Be curious
- Ask yourself questions like:
  - What happened? \_\_\_\_\_
  - What was going on? \_\_\_\_\_
  - What was different compared to the times I stayed on track?  
\_\_\_\_\_
  - What was the problem? \_\_\_\_\_
- Reflect on these answers
  - What could I do differently next time? \_\_\_\_\_
- Try out your plan
- Did the plan work?
  - If the plan worked, great!
  - If the plan didn't work adjust it and come up with a new plan.  
\_\_\_\_\_  
\_\_\_\_\_

### 5 - Consider these tips to help you stay on track.

#### Tip 1 - Do you need to shape your goal?

You want your goal to be **just hard enough** that it requires some effort but **not so hard** that you won't succeed. Many times we are doomed to fail because we make our goals too hard and life can't help but get in the way. Make sure that you are at least 70% confident in your goal.

**My shaped goal:** \_\_\_\_\_  
\_\_\_\_\_

How confident are you?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Very

If you do not choose at least a 7, consider making your goal easier

### Tip 2 - Do you need a reward?

Often when trying to make a change we need something to keep us focused when it starts to feel like too much work. This is where a reward can help.

Choose something that you value that will not undermine your goal. Here are some examples if you are stuck:

- Book some relax time for yourself (watch your favorite TV show, meet a friend for a coffee or visit, go to bed an hour earlier, book a manicure).
- Buy yourself a little something (book, clothes, fishing gear, or even put a looney in a jar each time you complete your goal and save up for a weekend away or a piece of exercise equipment).

The reward can be anything that you would find motivating to work towards.

**My reward:** \_\_\_\_\_  
\_\_\_\_\_

***Once you achieve your goal for the length of time you have set, reward yourself.***

### Tip 3 - Have you considered what could get in the way?

When things don't go according to plan it is sometimes because we haven't taken the time to think about what could get in the way of success.

**My goal:** \_\_\_\_\_  
\_\_\_\_\_

*What will stop you? Do you have what you need?*

Barriers	Plan B

**Change is hard! If you expect it to be hard, it will be easier to not give up!**



**Keep on going with your health goals, it will be worth it!**

