

## Goals and Habits Worksheet Instructions

1. Identify what you want to change and what your long-term goals are. *Note: if your main goal is weight loss, pick at least 1 additional goal that isn't weight related, i.e. "have more energy", "Improve my mood", etc.*
2. Identify {on a scale of 1-10, with 10 being the highest level of motivation} your current level of motivation and readiness to work on achieving your goals.
3. Identify ALL the current obstacles {real or perceived} keeping you from reaching your goals. {i.e. *I travel too much, I don't know what's healthy to eat, I have no time to exercise, I don't know how to cook well, etc*} Write them all down.
4. Write down 5 habits you will work on to help you reach your goal{s} on the "Habit Tracker" form. Highlight or put an asterisk\* by the 2 habits you want to focus on the most for the month.
5. Determine how you will monitor your habits and progress towards meeting your goal {i.e. *Habit Tracker form, journal, smart phone app, etc*}.
6. List any additional resources/education/tools/support you need to help you form your new habits and reach your goals.
7. Identify and write down your support system and how you will stay accountable towards reaching your goals. {i.e. *dietitian/coach, family, friend, physician, trainer, smart phone app, on-line forum, etc.*}

## Goals and Habits Worksheet Tips

### TIPS

- Start small. You can work on up to 5 habits at a time but keep your focus on 1 or 2 of them. Once they become routine, you can focus on adding new healthy habits.
- Start whenever you are ready. There is no need to wait until Monday, or for the “perfect time” as often there is NO perfect time to start.
- Allow a minimum of 30 days to change a habit/make a positive new habit. Often times habit change may take up to 60-90 days. Stay positive and think long-term success!
- If at first you don't succeed, try {and try} {and try again}!
- Re-frame your mind set, and tell-yourself that hard work is required. Habits aren't easily changed {at first}, but once you securely adapt your new habits, they will be MUCH easier to maintain.
- Think outside the box and redefine what you “can” and “can not” do.
- Further recommended reading/resources on habit change: *Better Than Before* by Gretchen Rubin; *The Power of Habit* by Charles Duhigg.