



#BetterThanYesterday

Episode 022: Reviewing and Renewing

New Year Goal Setting: What types of Goals should I Set?

It is important to set goals for yourself when trying to achieve a change in habit, however it is important to also make sure you set realistic goals that are achievable.

Make your goals SMART:

- Specific
- Measurable
- Attainable
- Realistic
- Time frame

If you try to make changes too intensively you are more likely to give up, therefore it is important that you set small realistic goals. You can't do everything at once, therefore you should prioritise your goals and think of the steps you will take to achieve those goals.

EXAMPLE:

Priority	Goals	Steps I'll Take	Timeline
E.g. 1	Lose 15 kg	<ul style="list-style-type: none"> • Exercise 30 minutes daily. • Halve alcohol intake. • Remove all chocolate from cupboard. • Swap soft drink for water or plain mineral waters. 	12 weeks

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