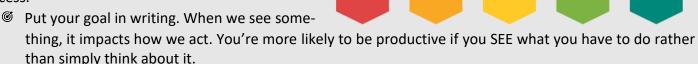# HEALTHY EATING BASICS
## Setting Smart Health Goals

Goals are a fantastic way to make positive changes and create new, *healthier* habits in our lives. The benefits of setting a goal are profound: they give us a sense of control over our lives, help us focus our energy, increase our motivation, and provide us with feelings of pride and accomplishment. For many of us, improving our eating habits is something we want to accomplish, but that in itself is not a goal – at least not a good one. You've likely heard about SMART goals, but it bears repeating.

Setting a SMART goal requires you, as the goal setter, to think about the factors involved in achieving your goal. Defining each of the five characteristics can help to identify a clear path, and the more well-defined that path becomes, the easier it is to follow.

Once you've set a goal, the work begins! There are some simple things that you can do to help you on your journey and increase the likelihood of your success.



SMART: SPECIFIC  MEASUREABLE  ATTAINABLE  RELEVANT  TIME-BASED

- ✪ Put your goal in writing. When we see something, it impacts how we act. You're more likely to be productive if you SEE what you have to do rather than simply think about it.
- ✪ Make a list of obstacles that you may face so you can prepare for them. If you want to make more homemade meals, but don't know how to cook, look into classes or online demos to help you learn.
- ✪ Visualize yourself having achieved your goals. Visualization is one of the most powerful exercises that you can do, and the more you do it, the stronger it becomes.
- ✪ Enlist the help of others. It's not cheating to leverage the support of those around you!

## 5 SMART Healthy Eating Goals to Inspire You

**Trying to eat out less often?**
I will pack my lunch from home three days each week instead of eating take-out.

**Trying to eat more vegetables?**
I will include one vegetable with each meal I eat.

**Trying to increase your water intake?**
I will drink one large glass of water when I wake each morning.

**Trying to eat a more plant-based diet?**
I will make one meatless dinner each week.

**Trying to make better snack choices?**
I will replace one snack each day with a fruit or vegetable.

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## VALUE-BASED GOALS

Values are powerful and effective determining factors of your accomplishment and progress. They are part of who you are. They can influence the quality and clarify the purpose of your journey. They, therefore, should play a part in your goal-setting. Why is it so important to establish value-based goals?

❶ While goals may change, our values are anchoring and consistent.

❷ Values help you differentiate the important from the unimportant.

❸ Values drive our lives in a positive direction and are a source of motivation that moves us forward.

❹ Values provide an internal and personal reference for what is useful, beneficial, and desirable.

## CREATING A VISION BOARD AND HOW TO USE IT

A vision board (or dream board) is a visual representation of your goals. It can support your goal-setting by helping you visualize what you ultimately want to achieve. By representing your goals with images, you actually strengthen and stimulate your emotions because your mind responds strongly to visual stimulation.

### VISION BOARD TIPS

- Decide on the main theme of your board: a specific goal, area of focus (e.g. health), or collection of goals for all areas of your life.

- Include images that illustrate what you want to achieve. These images should inspire you.

- Add affirmations that support your goals and motivate you. These should represent how you want to feel.

- Hang your board where you will see it every day.

- Make a point to look at your vision board at least once per day.

Sources    www.psychologytoday.com | www.goal-setting-guide.com | Images from Freekpik.com

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