

# GOAL SETTING



*Goal setting is the process of defining specific, achievable objectives that you want to accomplish within a certain timeframe. It provides direction, motivation, and focus in various aspects of life, including: personal development, career, and health.*

*Effective goal setting involves setting clear goals, breaking them down into manageable steps, and regularly tracking progress to achieve desired outcomes*

## How this relates to health?

Goal setting is best understood when linked to health outcomes. These involve defining a specific objective related to a physical or mental goal. These goals are intended to drive positive changes, such as:

- weight loss
- improved fitness
- increased physical strength
- stress reduction
- more balanced diet

By setting and achieving these goals, individuals can experience improved health, increased well-being, and a reduced risk of chronic diseases

## SMART Goal Setting

SMART goal setting is a widely recognized framework for creating effective and achievable goals. SMART is an acronym that stands for:

Specific: Goals should be clear, precise, and well-defined. **Example**: Lose 5kg of total body weight

Measurable: Goals should include concrete criteria for measuring progress and success.

**Example**: The client will weigh themselves weekly, on a Sunday morning

Achievable: Goals should be realistic and attainable given your current resources, time, and circumstances. **Example**: The client will aim to lose 0.5kg per week, without negatively impacting their health

Relevant: Goals should be directly related to your priorities and aligned with your values.

**Example**: The client wants to lose 5kg to look and feel healthier

Time-bound: Goals should have a clear deadline or timeframe. **Example**: The client has set a 3-month time frame to achieve this goal

**So, the SMART goal is: "I will lose 5 kg of total body mass by tracking my progress, aiming for a rate of 0.5 kg per week, with the goal of improving my overall health and confidence within 12 weeks"**