

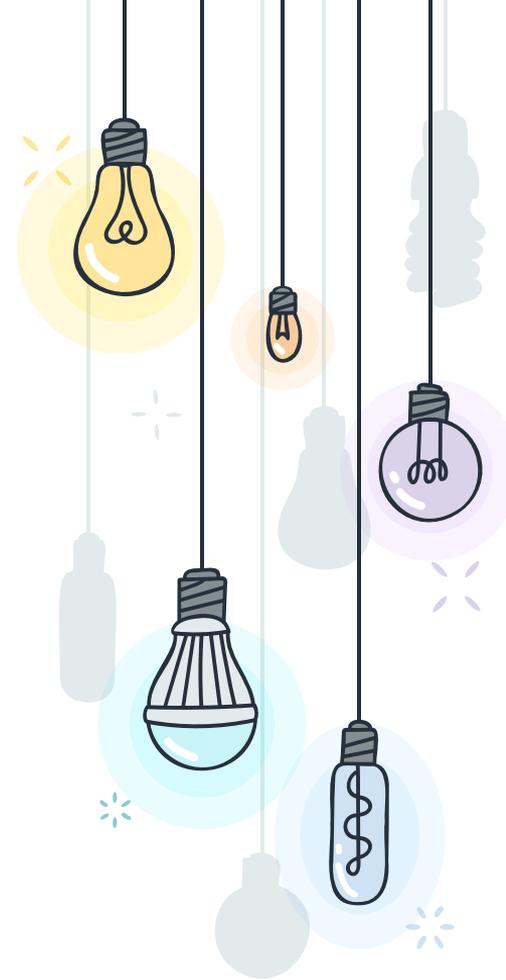
SUMMERVILLE

Family Health Team

NEW YEAR'S RESOLUTIONS - SUSTAINING YOUR GOALS FOR 2022

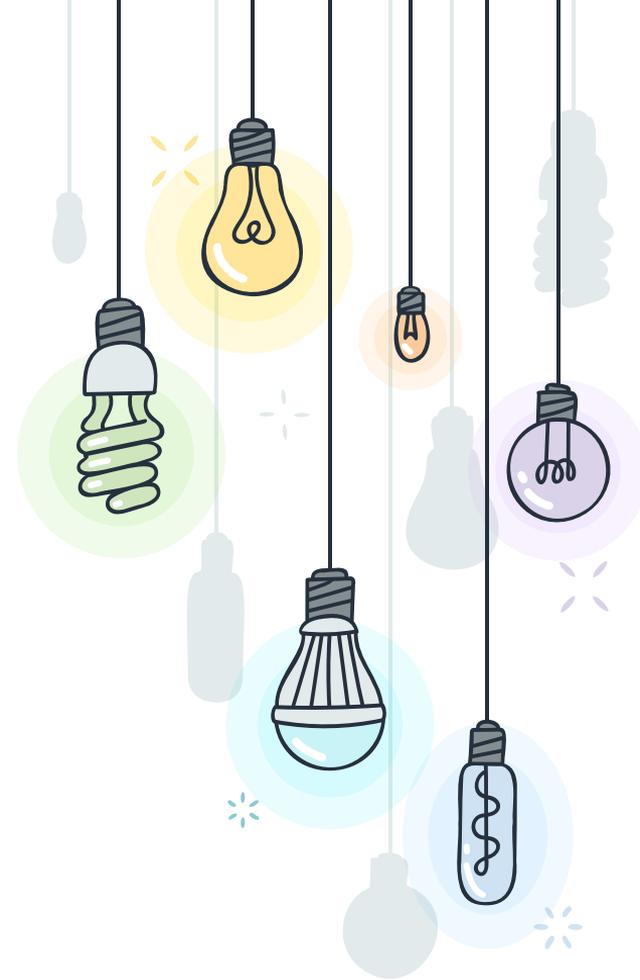
JANUARY 5, 2022

PAUL SMITS, HEALTH PROMOTION SPECIALIST



* AGENDA

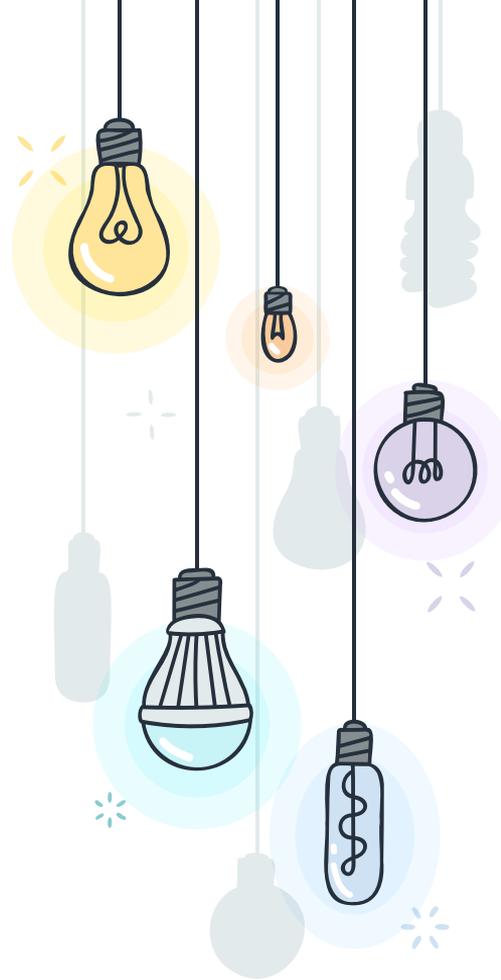
1. Intention Setting
2. SMART Goals
3. Considerations
4. Strategies
5. Self-Compassion
6. SMART Goal Setting





SMART GOALS







Specific

S
G

What do you want to do?

Measurable

M
O

How will you know when you've reached it?

Achievable

A
A

Is it in your power to accomplish it?

Realistic

R
L

Can you realistically achieve it?

Timely

T
S

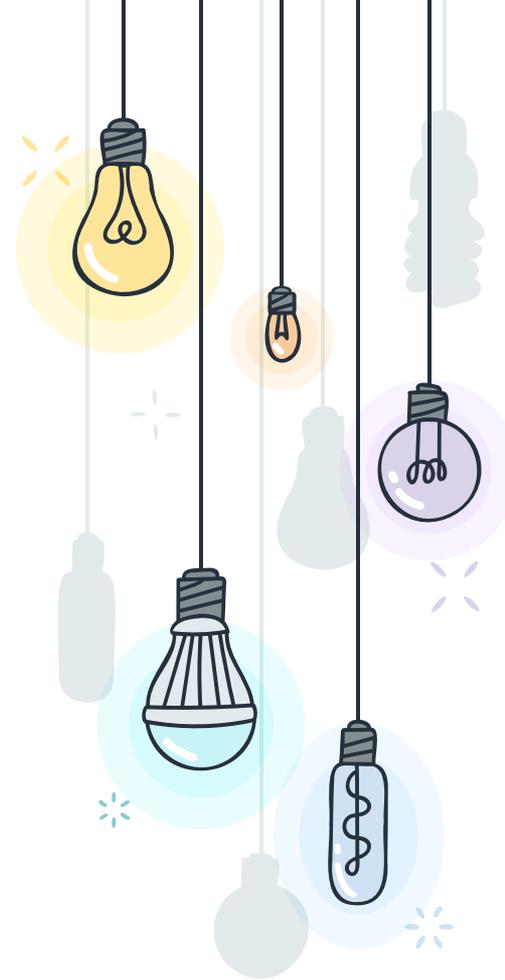
When exactly do you want to accomplish it?

ASK YOURSELF 'WHY?'

Understanding precisely why it is that you want to accomplish your goal will help you prioritize it over other things.

Key questions to ask ourselves:

1. Why is this behavior change important to me?
2. What is the 'bigger picture' I am working toward?
3. How will I feel when I accomplish this?



SMART GOALS

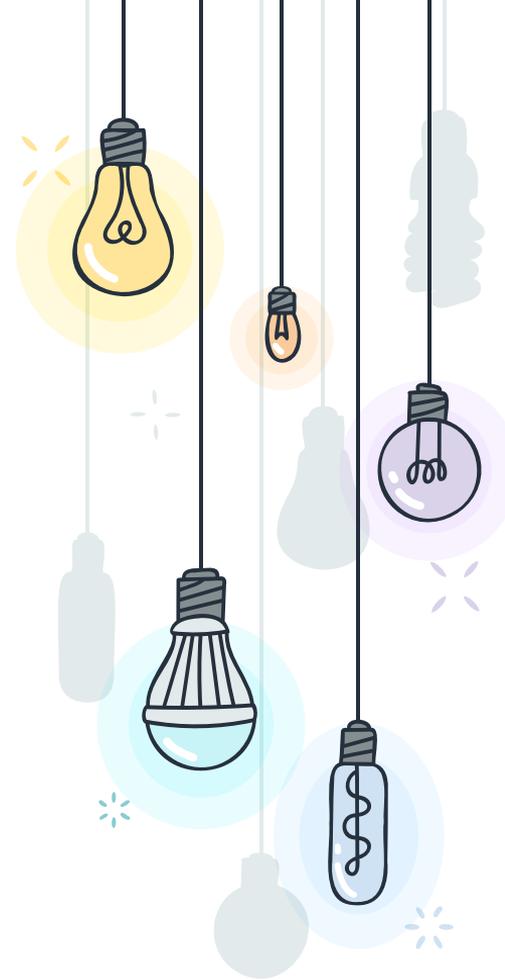
Specific: Name a specific behaviour, like ‘include 2 cups of vegetables’ instead of ‘eat healthier’.

Measurable: Include an amount, frequency, or duration to your goal, like ‘walking for 30 minutes 3 times per week’ instead of ‘walking more often’.

Achievable: Is this goal within your control? Pick an action goal. Remember, you can control your actions, (like eating more vegetables), but not outcomes (like losing 15 lbs).

Realistic: How confident are you on a scale of 1-10 that you will be able to achieve this goal? If the answer is less than 7, consider starting with a smaller goal.

Time-oriented: Pick a time to do the planned action, like eating vegetables at dinner time, or walking Mon/Wed/Fri after work.

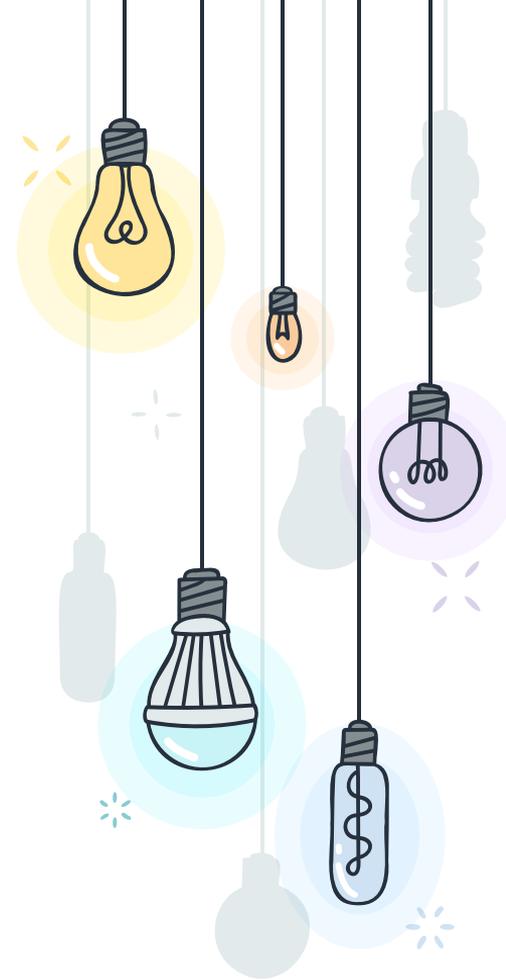


ANTICIPATE, STRATEGIZE & PLAN

Make a plan for how to deal with life's inevitable curveballs.

Key questions to ask ourselves:

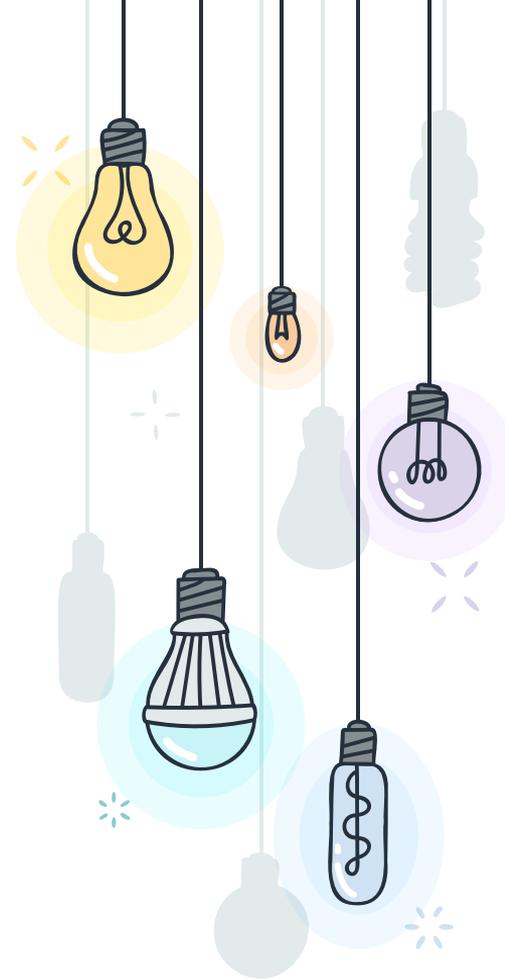
1. Is there anything I need to prepare for my goal?
2. What is likely to get in the way of what I hope to accomplish? (possible barriers)
3. What is something I can do today to help me keep going when I face those obstacles? (possible solutions)



EVALUATE & RE-ADJUST

Set a date/time for yourself to pause and reflect on your progress.

- If you achieved your goal, take some time to set your next goal.
- If you didn't completely achieve your goal – don't be discouraged! Ask yourself why. You may need to scale back and start with a smaller goal, or perhaps you need to do a bit more planning. This is an opportunity for reflection and learning!



TO CONSIDER



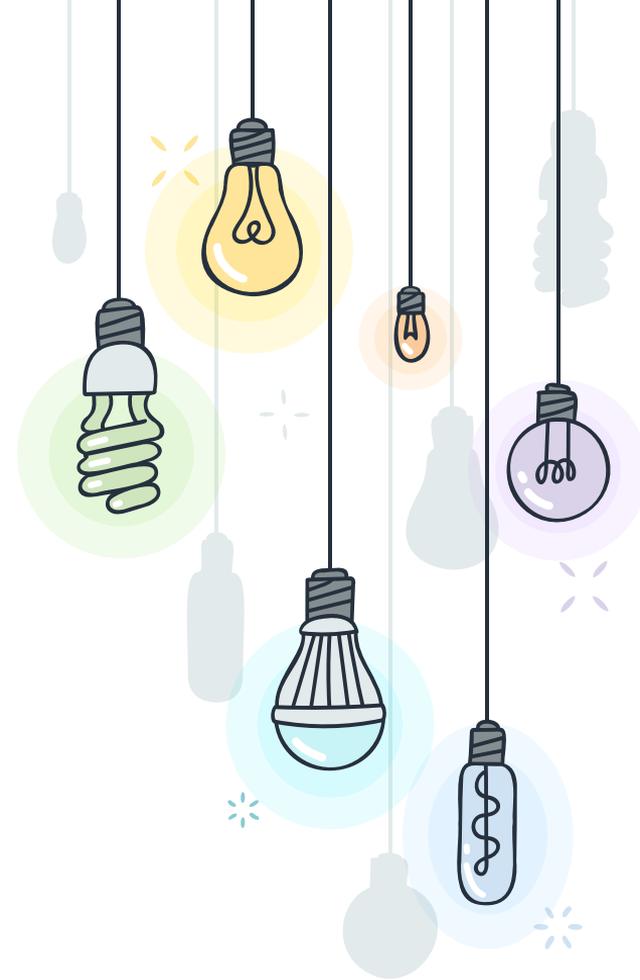
* COMMON BELIEFS

“I just need more motivation.”

Motivation ebbs and flows throughout the day. It rises and falls. Researchers refer to this as the “motivation wave”.

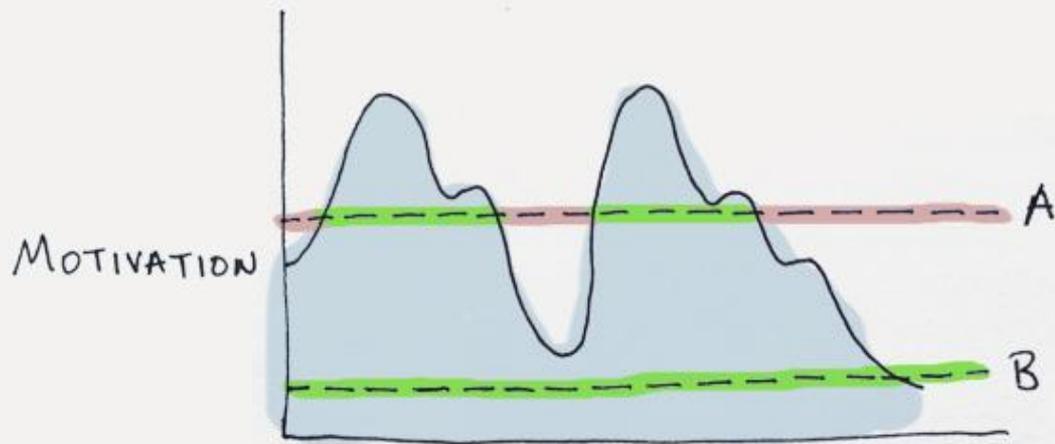
“If only I had more willpower.”

Research suggests that willpower is like a muscle. It gets fatigued as it’s used throughout the day.



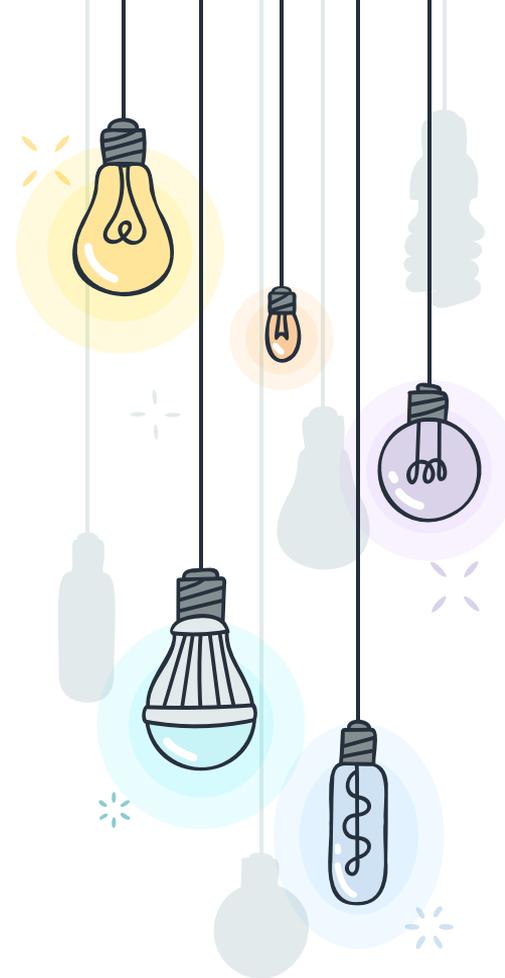
START WITH AN INCREDIBLY SMALL HABIT

"SO EASY, YOU CAN'T SAY NO."



A = HARD, INCONSISTENT HABIT

B = EASY, CONSISTENT HABIT



“

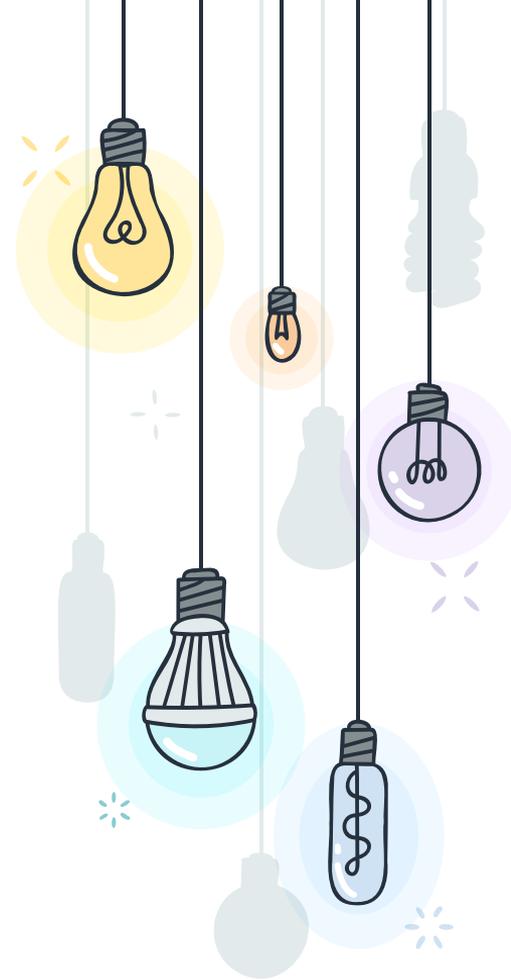
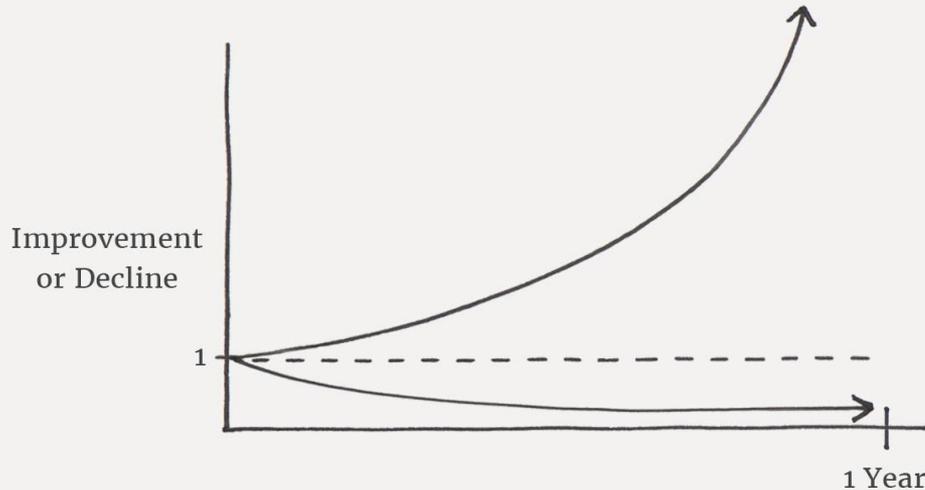
“A journey of a thousand miles begins with a single step.”

- Lao Tzu



The Power of Tiny Gains

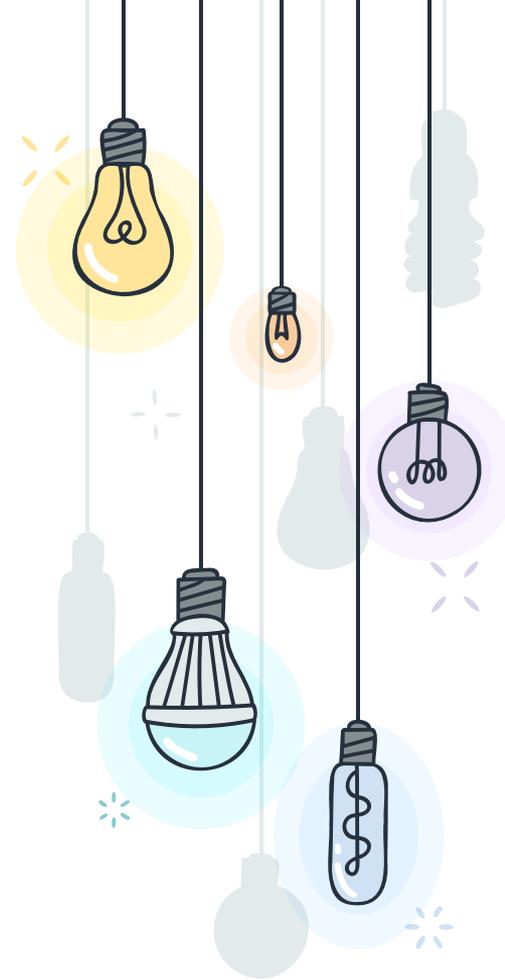
1% better every day $1.01^{365} = 37.78$
1% worse every day $0.99^{365} = 0.03$



* ALWAYS SOMETHING MENTALITY

Accept that life has no pause button, there is no perfect time when things will miraculously get easier
and
Accept and believe that something is better than nothing.

New mantra: **“Always Something”**



TO PRACTICE



KEEP A TIME DIARY

Your schedule reflects how you're prioritizing the activities in your life. Track your time for a couple of weeks to find out if it's consistent with your goals and values.



TRACK YOUR DAY IN 15 MINUTE INCREMENTS

7:00 - 7:15

woke up; brushed; teeth; washed face

7:15 - 7:30

checked Instagram

7:30 - 7:45

still on Instagram

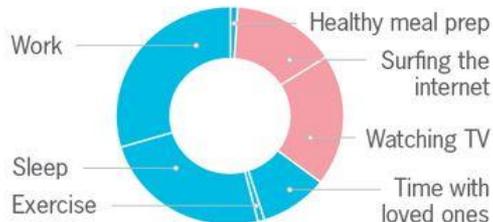
7:45 - 8:00

made coffee

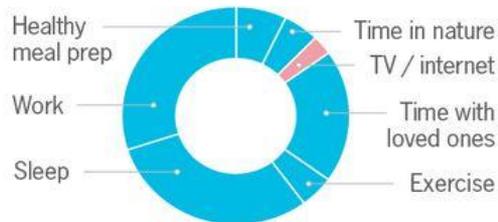
...

THEN, ANALYZE IT

ACTUAL



DESIRED

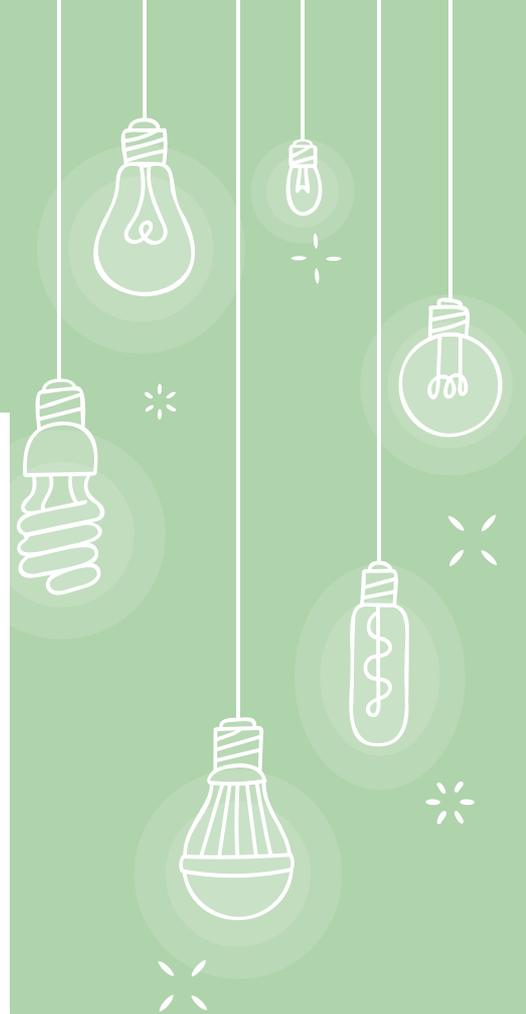


Without judgement, ask yourself if your schedule reflects your true priorities.



SHIFT YOUR BEHAVIOURS

To start to align your schedule with what you want to accomplish, replace low-value activities with high-value ones, little by little.



DEVELOP NEW SYSTEMS

With a little extra time and effort up front, you can create an environment that significantly reduces the time needed to eat well, move more and/or make any behaviour change more attainable.



Keep fresh, whole foods in plain sight



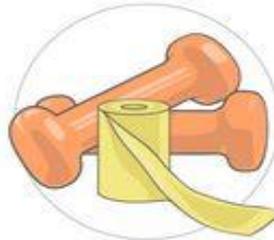
Reduce or eliminate "treat" foods



Establish a morning or weekend routine to chop veggies and prepare protein + complex carbs in bulk



Keep a packed gym bag in your car or by the front door



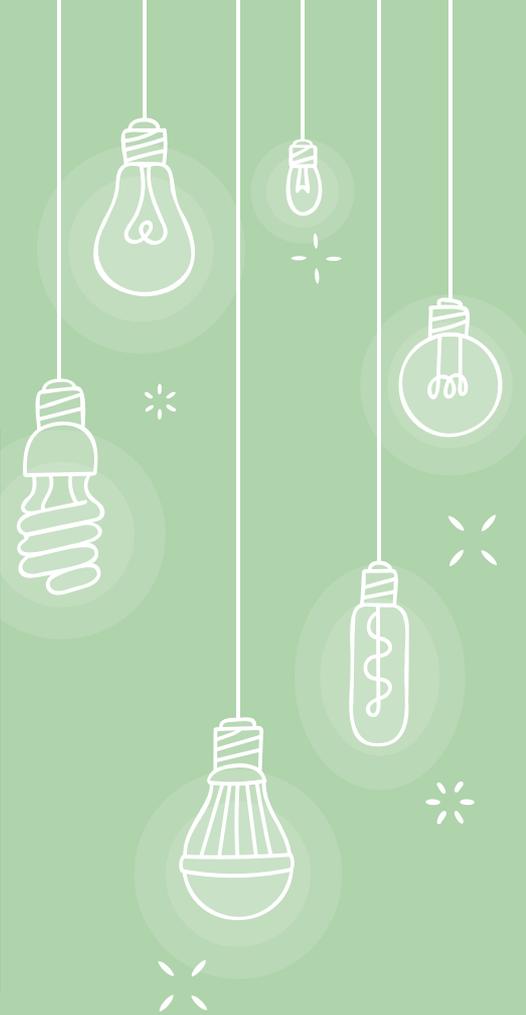
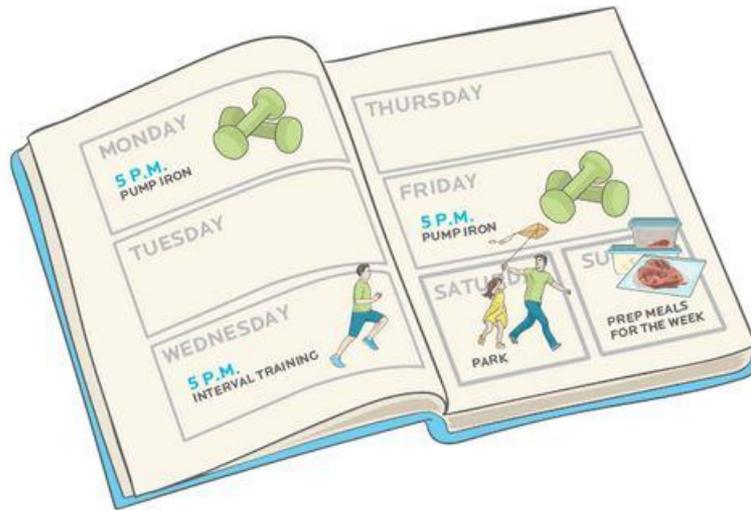
Leave weights and resistance bands lying around for quick, convenient workouts



Hold gatherings and meetings at parks and gyms

PUT IT IN YOUR CALENDAR

If we waited until we “felt like it”, a lot of important things would get neglected.
Schedule the activity and do all that you can to stick with it.



CREATE A VISION BOARD



PROBLEM SOLVING EXERCISE

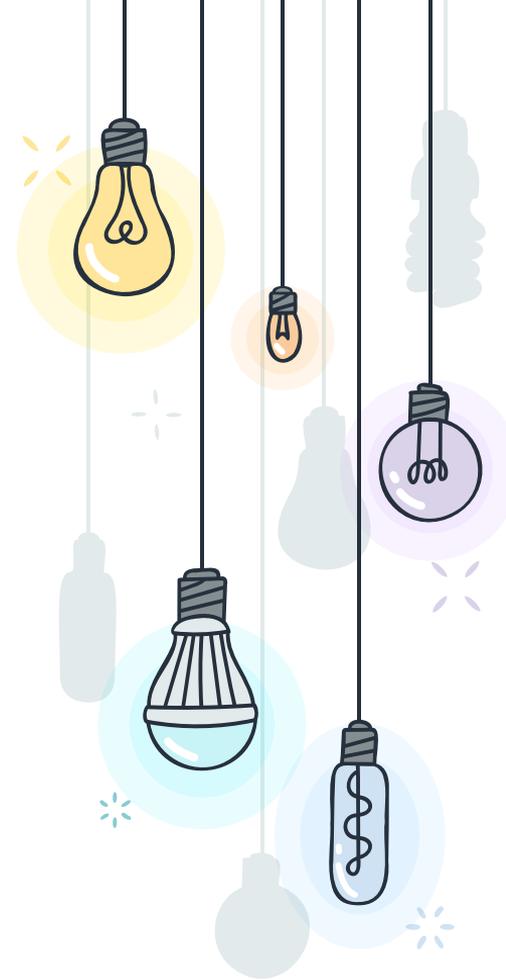
Situation: Mary is working full time and is a mother to two. She knows she needs to eat healthier and is trying to improve her diet. She typically skips breakfast due to lack of time and eats a salad for lunch. Mary struggles with cooking a quick and healthy dinner for her family, and often resorts to picking up take-out on her way home from work. She also struggles with snacking on chips and chocolate in the evening to unwind.

Possible Barriers

- Time
- Not eating enough during the day
- Tired/lack of energy
- No meal planning
- Stress

Possible Solutions

- Planning ahead – meal planning
- Eat more during the day
- Cook larger meals and freeze/fridge
- Bring something quick to eat to work – fruit, nuts vs skipping breakfast
- Do something else to unwind – go for walk, bubble bath, read a book, listen to music



SELF-COMPASSION



“

“Ultimately there is no such thing as failure. There are lessons learned in different ways.”

- Twyla Tharp



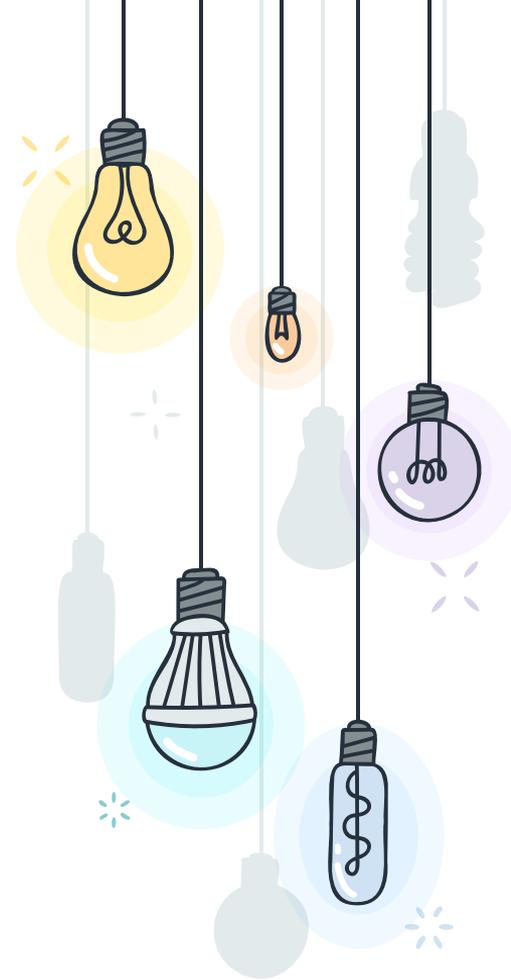
* THE POWER OF YET

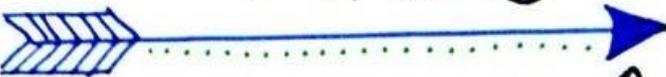
A difference between those who succeed in achieving/sustaining their goals and those who don't can be the use of the word “yet”.

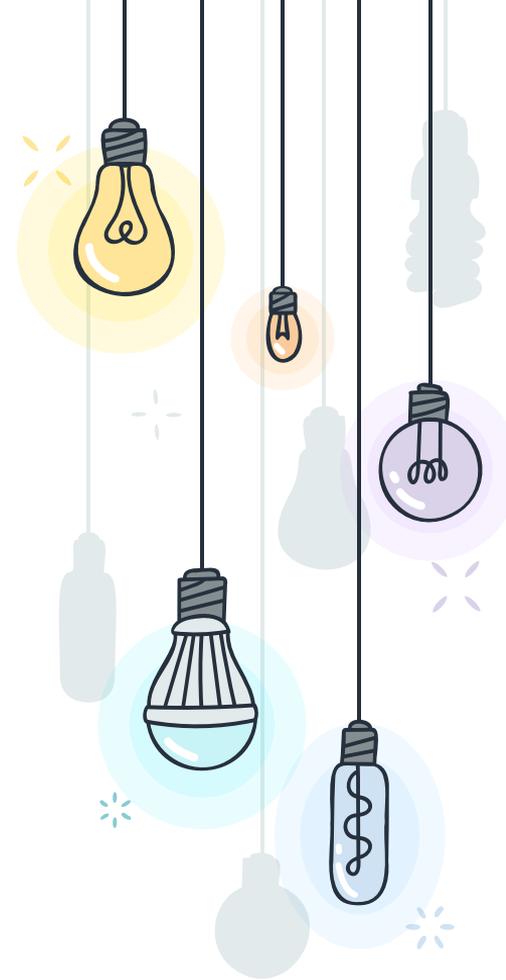
“I don't know how to do this... **Yet.**”

“I don't know how to make vegetables appetizing... **Yet.**”

“I don't know how I can find time to be more active... **Yet.**”



practice
MAKES

progress



SMART GOAL SETTING



2022 GOALS:

- 1.
- 2.
- 3.



SMART GOALS

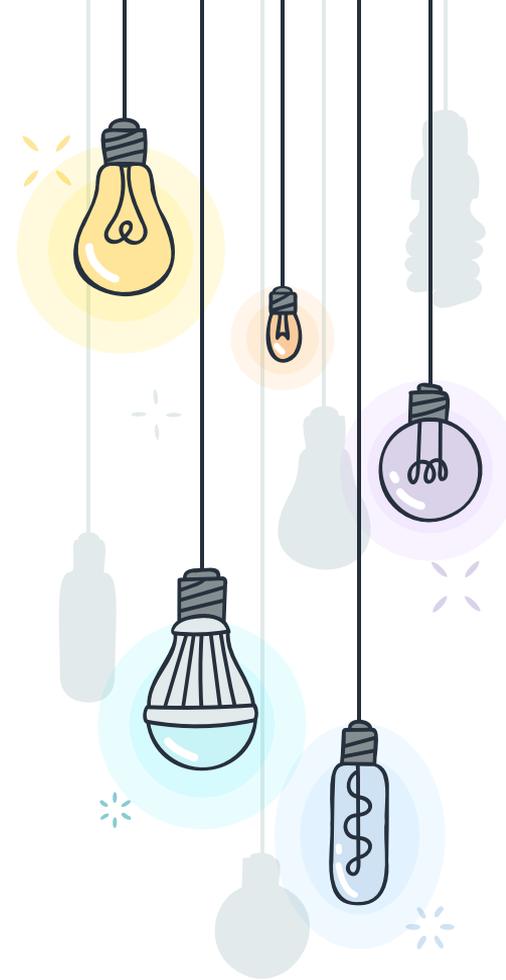
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“

“The best time to plant a tree was twenty years ago. The second best time is now.”

- Chinese Proverb



THANKS!

Any questions?

I can be contacted at:

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