

## GOALS

- 1.
- 2.
- 3.

## READY, SET, GOAL SET!

Get ready to throw your new year's resolutions to the side and let's focus on healthy behavior change instead.

There is a science to goal setting. The process has been used and proved time and time again! Let's embark on creating some sustainable changes that can be carried on throughout the year!

Three areas should be assessed and incorporated when setting a goal to lead to a sustainable change.

1. Measurable
  - Over a specific time period
  - How often
  - How much
2. Realistic
  - Can be attained
3. Flexible
  - Room for slight changes to fit into our everyday changing lives.
  - Specific but not so specific that we are not able to stick with it.

Now think of an area **you** want to work on and let's write out a goal. Use the examples below to aid you in this process:

**Example of a poorly written goal:** I will bring my lunch to work more often.

**Example of a well written goal:** Starting Monday January, 15, 2018 I will bring my lunch to work at least 3 times per week.

As you can see the second goal is measurable—at least 3 times per week. It is also flexible—as it does not specify specific days but states the number of days instead. And it's also realistic.



## Wellness Widget

Pick one day each week to make a meatless, no-dairy day. This will not only benefit your weight, heart and colon health, it will also benefit your wallet and the earth's health too! Interested in giving it a try?

Email: [nutrition@willclower.com](mailto:nutrition@willclower.com) for some menus and recipes.

*"Goals are dreams  
with deadlines."*

~Diana Scharf Hunt

# Goal Barriers

Now that we have created a well-written goal, let's move into identifying some barriers. It is very helpful when writing a goal to identify the possible barriers.

For example, a barrier might be that a person feels rushed in the morning and does not have time to make their lunch.

What could they do to overcome this barrier?

- Make their lunch the night before.
- Plan to make a variety of things on Sunday night that they could take for lunches for the week.
- Make the list for lunch food so they buy the necessary foods when they go to the grocery store.

# Create Support

Talking about your goal can be a key element to your success. The more you put it out there and the more people know what you are setting out to do, the more support you instantly create!

Yes, you might get that nagging friend asking you how it is going over and over, but this is better than no accountability at all.

Better yet, tie in a friend or family member. Choose to set a goal and share it with each other.

Then decide on a reward you both can share. For example, plan to go to the theater, a concert, or the spa together. This will keep you both focused on the prize! Both of you must meet your goal to attain the reward.

This also works well with setting the same goal too. For example, you and a coworker decide to do 40 squats before the end of the day, for 5 days out of the week. Once you complete your squats you can text your friend and that'll motivate them to get their squats done. Get creative with your support network and let the goals be met!

# Reward Yourself

We're human and like to be rewarded for our accomplishments. Rewards should be something that can add joy to our life. For example, if you create and meet a goal like bringing your lunch to work 3 times a week, you could reward yourself with something that interests you like a positive magazine or a trip to the movies. Both reading and enjoying a good flick can be enjoyable and hence will benefit your overall well-being. If you meet your goal for an entire month, the reward yourself with something more substantial such as a massage or a new outfit. The reward system can help you move into sustainability.

***What will your first reward be?***

## RECIPE CORNER



### Lovely Lentil Soup

#### You'll Need

- 2 cups dried lentils
- 7 cups water
- 1 medium to large onion, chopped
- ¼ cup olive oil
- 1 tablespoon flour
- Salt and pepper to taste
- Juice of one lemon
- ½ teaspoon cumin
- Optional: chopped tomato or parsley for garnish

#### Directions

- Put the lentils and onion in pot and add the water. Bring to a boil then reduce to simmer and allow to simmer covered for 45 minutes.
- Mix the olive oil, flour, salt, pepper and cumin in a bowl. Once soup has simmered for close to 45 minutes add a ¼ cup of the soup to mixture and still well.
- Next pour this mixture into the pot of soup and let simmer for 5 more minutes.
- Add lemon juice and simmer for 5 more minutes.
- Garnish with some chopped fresh parsley or tomato.