

Box 7.7

Remember: Goals Should Be “SMALL”

- S:** Self-selected. Your goals should be your own. Choose goals that fit into your life and only change behaviors that you are willing to negotiate. Remember, being realistic, not idealistic, is key.
- M:** Measurable. Develop a concrete way to track your goal. Consider the question, “How will I know when my goal has been met?”
- A:** Action-oriented. How are you going to achieve your goals? Having an action plan allows you to complete the steps needed to make your goals a reality.
- L:** Linked to your life. Goals are best achieved if they work within your lifestyle and match your challenges and strengths. Are your goals designed to fit you and your everyday life?
- L:** Long-term. Because you want to be healthy for life, any changes you consider should be something you could see yourself doing for the rest of your life. Create lifestyle-related goals that you feel confident you can maintain.