



sharecare

Be an Achiever: 12 Goals You Can  
Keep in 2019



# Overview

S.M.A.R.T. Goal Setting

Goals: Month by Month

Adherence

Accountability

Progress

Health Coaching



# HOW DO YOU MAKE GOALS YOU CAN **KEEP?**

## MAKE THEM SMART.

- Specific**
- Measurable**
- Attainable**
- Relevant**
- Time-based**



# Setting S.M.A.R.T. Goals

- **SPECIFIC**
  - Your goal should be clear and easy to understand.
- **MEASURABLE**
  - Your goal should include a number to help you track your progress toward your goal.
- **ATTAINABLE**
  - Your goal should consider your limits and shouldn't be so lofty that it's not motivating.
- **RELEVANT**
  - Your goal should be based on what's right for YOU and what interests YOU.
- **TIME-BASED**
  - Your goal needs a time range, such as an end date, so you know when you've achieved it.



# Time-Specific Goal Examples

## Short-Term Goals Examples:

- I will call my health care provider today to schedule an appointment to talk about my desire to lose weight to make sure my goals are appropriate for me.
- I will decide on at least three types of physical activity to try each week and get what I need within one week (equipment, membership, etc.)
- I commit to start easing into the Dietary Approaches to Stop Hypertension (DASH) eating plan next week and follow it completely within three weeks.
- I will block off 30 minutes on my calendar for exercise five days of each week.
- I will invite a friend or family member to join me for the times I've planned exercise.

## Long-Term Goals Examples:

- I will lose 1 pound per week for 12 weeks by following my nutrition and exercise plan.
- Within two months, I will increase my endurance so I can do everyday tasks (like housework, playing with my kids and shopping) at least five minutes longer before burnout.
- Within three months, I will increase the time I exercise by 10 minutes per day and/or increase the weight I lift by 5 pounds.
- I will get my cholesterol into the healthy range over the course of this year.
- I will walk or run a 5K this year.

## Be Financially Fit



No spend  
challenge

Eat in for 30  
days

Put bills in  
envelopes

Decide if it is a  
need or want

## Clean out the Clutter

**Clean out your phone:** Look to get rid of old contacts, photos, documents that you have saved that could be taking up space

**Clean out your social media:** Do you need to continue to follow people that do not inspire you?

**Clean out your closet:** Are you wearing things that make you feel your best?

**How would you make this a  
S.M.A.R.T. goal?**



## Spread Happiness

- Wish happiness on three people daily.
- Hold the door open for someone
- Leave positive notes for kids, family, co-workers

**ACTION:** In the text box on the side of your screen, what are some ways that you can spread happiness?



## Stress Reduce

- Practice relaxation techniques
- Start a new workout program
- Get enough sleep
- Set limits and learn to say “No”
- Seek out social support



MAY

# Focus on Nutrition

Make healthier versions of your favorite dishes

Fill half your plate with Veggies

Watch your caloric intake

Don't drink your calories! Are you getting your water in?

## Challenge:

Write down 2 goals for Nutrition following the S.M.A.R.T. goal outline



## Are you getting your sleep?



**Set a sleep goal. Do you want to aim for 7-8 hours a night?**

**Turn off electronics 1 hour before bedtime**

**Do you have a bedtime?**

**What other distractions keep you from getting a good night of rest?**

**How would you make this a S.M.A.R.T. goal?**

## Get Moving!

**Aim for 250  
steps per  
hour**

**Take a walk  
after dinner**



**Join a new  
workout class  
or sign up with  
a friend**

**Look to track  
your steps and  
set a daily goal**

## Decrease screen time

Read before bed instead of using your phone.

Set a social media “bedtime” (say 7pm).

Have a “Phone Free” weekend. Can you do it?

**How would you make this a  
S.M.A.R.T. goal?**



## Reconnect

Meet up with or call four friends you haven't spoken to in a while.

Do a Random Act of Kindness everyday.

Go on a planned-in-advance date night.

Have a night in with the kids without using your phone

Game nights with neighbors



## Portion Control

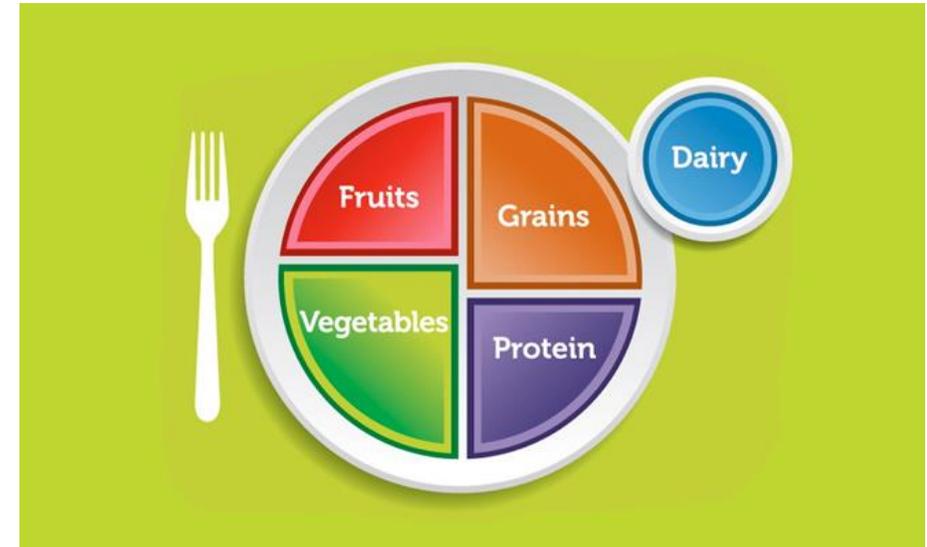
Meal plan so you have appropriate portions

Ask for a takeout box as soon as your order comes

Before putting groceries away, separate into portions

Buy only what you need

**How would you make this a  
S.M.A.R.T. goal?**



## Self Care



**Meditate for 5 minutes everyday.**

**Start a gratitude journal.**

**Do things that YOU enjoy-  
go back to your roots**

**Have an at-home spa day!**

## Reach out!

Volunteer at your local YMCA/Soup kitchen/ Food bank

Ask to watch someone's children so the adults can have a night out



Look into community classes and try something new

Set a goal of volunteering a certain number days of the month

# Adherence and Accountability

Picture yourself achieving this goal in the end

How are you going to keep yourself accountable?

Can you break your goal down into smaller goals?

Give yourself a break

Set yourself up for success

Believe in YOURSELF!



# Progress

Track your goals- are you checking off days you met or achieved your goal?

Have you been meeting your goals on consecutive days?

If your goal is fitness or nutrition related- have you been taking before and after photos? Even weekly photos can help keep you on track!

Have a personal review of yourself. Schedule Check-in times to see where you are at. REMEMBER: It is OK to adjust your goals!

**Imagine where you could be 6 months from now!**

# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to you unique needs and goals



**To get started, call 1-866-556-2288 and select Option 2**

***THANK YOU!***

ohio.gov/tclw

1-866-556-2288

