

# *2020 Vision*

How to be a goal digger this year!

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Inspired by you

# “New decade, New You!”

**It's a new year and also a new decade! This is a good time to reflect on the past years and look towards the future.**

- What are you looking forward to this year?
- Do you have a bucket list?
- What do you want to accomplish this year?
- Think about short term goals first!
- What steps do you need to take to meet long term goals?

# Change

How do you feel about change?

- \_\_\_\_\_
- \_\_\_\_\_

What about change is positive?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What about change is negative?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Accepting Change

## ➤ **Change is inevitable.**

- Many things change whether we like it or not, finding peace with change can help.

## ➤ **The more things change, the more they stay the same.**

- Some things are constant and never change, even though you are making other changes.

## ➤ **What is a change you found hard to accept? Why?**

- \_\_\_\_\_

## ➤ **What is a change you found easy to accept? Why?**

- \_\_\_\_\_

# Easing Change

## **Focus on the positive. Plan for the challenges.**

- Focusing on the good of the situation makes the transition easier and improves your mental health.
- Planning ahead for challenges that may present themselves eases any difficulty that may happen.

## **Focus on what you are gaining, not what you are losing.**

## **Find your voice.**

- If the change is truly not a beneficial one, know when to speak up to be the voice of reason.

# How to be a goal digger!

## Never settle.

- Once you meet a goal, set another one to keep improving your health!
- We are all always in a continuous state of change – being one step ahead eases the transition and makes you a pro!

**When setting a goal decide on the outcome you want, then make a plan that will help get you there.**

## When you set a goal make sure it is something....

- you want to do
- you see a need for
- you are capable of doing
- And think about how meeting that goal is going to help you in the long run.

# How to be a goal digger!

## ➤ **Be realistic. Plan actions that are realistic for you.**

- Make it doable. Plan small changes. Over time, these changes will add up.

## ➤ **Be specific. Plan your actions in detail.**

- What you will do
- Where you will do it
- When you will do it
- How long you will do it

## ➤ **Be flexible.** Review your action plan often. Look for ways to cope with challenges. If your action plan isn't working for you, revise it.

## ➤ **Focus on behaviors.** For instance, you can control how many pounds you lose by focusing on your actions, such as what you eat and how active you are.

## ➤ **Make it enjoyable.** Change doesn't have to be painful. Find the joy in all that you do!

# How to be a goal digger!

## Long Range

- Begin with the end. Long-range goals are typically accomplished in 1-5 years.
- What you do every day and the goals you set along the way make these goals a reality!

## Intermediate Range

- Review long-range goals and their deadlines. Then, work backward to determine what needs to be accomplished by the halfway point.
- Help you meet long range goals.

## Short Range

- These are monthly goals that lead to the achievement of intermediate goals.
- Help you meet intermediate range goals.

## Daily Tasks

- Prioritize daily tasks in their relation to short-range goals. Success is inevitable!
- Help you meet short range goals.

# Make your goals SMART!

**I will have a plant-based supper everyday for one month.**

- **Specific:** plant based meal (no animal products at this meal)
- **Measureable:** everyday at supper
- **Attainable:** this goal can realistically be achieved
- **Relevant:** many people consume too much saturated fat and don't consume enough vegetables or fiber
- **Timely:** One month

# Make your goals SMART!

## What is your SMART goal?

- **Specific** – what will you work on?  
▪ \_\_\_\_\_
- **Measureable** – how will you know if you have met your goal?  
▪ \_\_\_\_\_
- **Attainable** – is this goal realistic for your to achieve in the time you set?  
▪ \_\_\_\_\_
- **Relevant** – do you need and want to work on this?  
▪ \_\_\_\_\_
- **Timely** – how long will you work on this goal?  
▪ \_\_\_\_\_

# Make your goals SMART!

 **What is your SMART goal?**

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 **What will help you meet this goal?**

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 **Who can help you meet this goal?**

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*Thank you!*

**Prairie Ridge**

HEALTH



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