

Top Tips For Setting Goals

Here Are Some Top Tips For Setting Goals

Get the people around you to help.

Surrounding yourself with supportive friends, family and professionals can make all the difference. You could make joint goals with family and friends.



Have Self Compassion

It's okay to face doubt; what's important is that you keep trying, sometimes you need to rethink and break into smaller steps to help keep moving forward.

Think about which things get in the way of your goals and which things help you achieve them.

How can you manage these things to help you move closer to your goals?

Work on challenging the all or nothing mindset. We are only human, getting it right most of the time is absolutely fine.

Every journey starts with a single step, and every achievement begins with setting a clear goal. Start by asking yourself, "What would I like to work towards?"



This can be anything from eating healthier, finishing reading a certain book or increasing your daily steps.



Once you have your goal in mind, it's essential to break it down into smaller, more manageable steps. This not only makes the task less daunting but also provides a clear roadmap to success.



So how can you break your goals down into smaller steps?

Use The Smart Goals Approach

The SMART goal approach is a method that encourages you to set goals that are: Specific, Measurable, Achievable, Relevant, and Time-bound.

By making sure your objectives meet these criteria, you're more likely to stay on track and achieve them.

S

Specific: Your goal should be clear and specific, so you know exactly what you're working towards.

'I plan to walk more to improve my fitness and glucose levels.'

M

Measurable: Being able to measure progress is crucial in goal-setting. When you can measure your progress, you can track it and stay motivated.

'I will walk 30mins a day on 2 days a week and track my walks.'

A

Achievable: It's important for your goal to be realistic and attainable. This doesn't mean it can't be a big goal, but it should be something you believe you can do.

'I have enough time and the park is near my house.'

R

Relevant: Your goal should matter to you and fit with other things that are important to you. If you're pursuing a goal just because others expect it of you, it may be harder to stay motivated.

'I enjoy walking and already walk 15mins to my friend's house.'

T

Time-bound: Every goal should have a timeframe or deadline. This helps reduce the chances that you'll put off working on your goal.

'I will start this on Sunday and follow this plan for 3 weeks.'

Dream big, and know that with determination, planning, and the right people by your side, you're well-equipped to turn those dreams into reality.