



Setting Goals That Work For You!

Whether you realize it or not, you are part of HEP's goal to help Detroiters walk their hearts to health. By participating in the walking groups you, along with the support team around you, are working to achieve this goal. These walking groups are also an opportunity for you to set and accomplish personal goals. This worksheet will help you do just that! Use the information below to come up with your own walking goals. Feel free to share your goals with the members of your group. Who knows, you may be able to achieve them together!

1. WHAT ARE GOALS AND WHY SET THEM?

- Goals are guides for action. They direct, channel, and determine what you can achieve.
- Goals are a major source of motivation. They elicit effort, concentration, and persistency.
- Goals provide a reference point to compare your progress.
- Goals are inspiring
- Goals are personal so based it on what you think you can achieve

2. HOW TO SET APPROPRIATE GOALS

- Envision an end point that you want to achieve from being a part of the walking groups. Create **short-term and long-term goals** that are needed to achieve your vision. Then, set a timetable for accomplishing your goals and put them into action. For example Short Term Goal: " My short term goals is to walk **2000 steps a day**". A long term goal: " My long term goal is to walk an **average of 5000 steps every day.**"
- Your goals should be clear and attainable. Use the **START** criteria to define goals that are: **Specific, Trackable, Attainable, Relevant, and Transferable** (that is, aimed at skills you can use in multiple situations).
- Goals should be **GRADUAL, HEALTHY and REASONABLE**. They should be difficult but not impossible.

3. MONITORING, UPDATING, AND ACHIEVING YOUR GOALS!

- Review your progress weekly. You may start with a goal and then after a while realize it is too easy or challenging. That's OK! You can always revise your goals downward or upward to meet the reality of your situation.

WALKING GROUP : GOALS WORKSHEET

- Reward yourself for your effort. Find personal satisfaction in your accomplishments and give yourself a small reward to symbolize your achievement.
- The most important thing is that you commit to your goals. The more committed you are, the more likely you are to achieve what you set out to do.

4. TIPS FOR MEETING YOUR GOALS

- If you are unsure what a realistic goal should be, set an upper and lower limit for your goals. Once you have a better understanding of the task and your immediate capabilities remove the limits.
- Remember that even small improvements are better than no improvements. Think of all that you gain in the process of working toward a goal.
- Focus on things you can change and do not let things that are out of your control distract you from achieving your goals.
- Help others achieve their goals by encouraging their efforts. They may do the same for you in return.

5. EXAMPLES OF WALKING GOALS

There are lots of goals you can set for yourself. Here are a few examples that can be tracked easily using your pedometer.

- **Steps:** " *My daily goal is 3000 steps* "
- **Aerobic steps taken:** '*I will take 1000 aerobic steps every day*'
- **Time spent walking aerobically:** '*I will spend 30 minutes every day walking aerobically*'"
- **Fat or Calories burned:** '*I will burn 100 calories every day from walking.*'
- **Distance walked:** '*I will walk at least 1 mile every day.*'

6. SET A GROUP GOAL

- **Set a goal as a group.** " *We will have a total of 150,000 steps at the end of the 8 weeks*"

FACILITATOR'S NOTES:

Here are some helpful tips for facilitators to use in helping group members develop and stick with their goals. Remember, the more involved members are in creating their goals, the greater their ownership over and commitment to those goals. You can offer tips and suggestions, but allow each individual to have the final say it what they will accomplish.

Once goals are set you can provide support in the following ways:

- Communicate with group members regularly about their goals. For example, you can ask them what their goals are while on the walk or inquire about their progress before and after meetings.
- Provide feedback to group members about their progress. NOTE: Feedback that a person is doing well can help enhance their progress, while feedback that a person is doing poorly can sometimes hinder progress. Maintain a positive attitude when discussing an individual's feedback.
- Encourage and support members in their efforts. Simply saying, 'You can do it!' or 'Keep up the great effort!' can be very motivational.
- Advocate the exertion of effort to achieve goals. If you are positive about putting in the effort, group members will be encouraged to try there best.
- Help problem solve with members who are not achieving their goals. Perhaps they need to adjust their goal or there is a personal barrier they need overcome first. Listen and be responsive to their concerns. Work with them to overcome challenges.
- Whenever possible, provide resources to help participants achieve their goals.
- Congratulate those who are achieving goals. Encourage them to continue challenging themselves with more ambitious goals.
- Sporadically reward group members for their success with small tokens. For example, one week you might give a reward to the person who walked the most steps in a day. Publicly acknowledging an individual's achievement can also be very uplifting and can serve as inspiration to the rest of the group.

Good luck, and remember to set your own personal goals too!