

Planning and writing down goals has been shown to help people make the changes they want to.

We can plan clear goals by thinking about the 4 steps below:

1. Think about exactly what it is we want to do
2. Who or what might help us to reach our goal
3. What might get in our way and what we can do about it
4. How and when we will reward ourself.

Example Goal:

<p><b>Date</b> <i>1<sup>st</sup> January 2017</i></p>
<p><b>What do I want to do?</b> <i>Eat more vegetables</i></p>
<p><b>What is my clear goal? (What? Where? When?)</b> <i>I'll have vegetables with my evening meal, 3 days this week - Monday, Wednesday and Thursday)</i></p>
<p><b>Who or what can help me?</b> <i>I'll write a note and put it on the fridge to remind me to eat vegetables with my evening meal</i></p>
<p><b>What might get in my way and what can I do about this?</b> <i>I might run out of vegetables so I'll add frozen vegetables to my shopping list 'just in case'.</i></p>
<p><b>How and when will I reward myself?</b> <i>If I eat vegetables with my evening meal on Monday, Wednesday and Thursday, I'll watch a movie of my choice on Sunday night.</i></p>