

## Fact Sheet – Central Adelaide Local Health Network Diabetes Education Service

# Goal Setting

Making lifestyle changes is not always easy. Setting lifestyle goals that are **Specific, Measurable, Achievable, Relevant and Timely (SMART)** may help.

### SMART goals are:

#### Specific

Eating healthier sounds like a great goal. But what does it really mean? Aim for specific goals instead, such as drinking less sugary soft drinks, eating five servings of vegetables a day or including 2 fruit a day.

#### Measurable

Decide on a goal that you can measure. Walking 30 minutes 3 days a week is a measurable goal.

#### Achievable

Make your goals achievable. Start easy and gradually set more challenging goals. Find a goal that feels just right for you.

#### Realistic

Setting a goal of weight loss may not be realistic especially within a short time frame. This goal will likely leave you discouraged. Choosing realistic goals that you can meet will strengthen your efforts and keep you moving forward.

An example of a more realistic goal could be to have a piece of fruit or a handful of nuts instead of having sweet biscuits and lollies as a snack during the week.

#### Timely

Set a time frame. Putting a date to your goals helps you to commit. Remember to keep the 'R' in mind and make your timeframes realistic. You can track your progress over time. Write your efforts down in a journal or track them on an app so you can see how far you've come.

Reward yourself for achieving your goals eg go to the movies, treat yourself to a walk on the beach or catch up with friends for a coffee.

### For more information

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