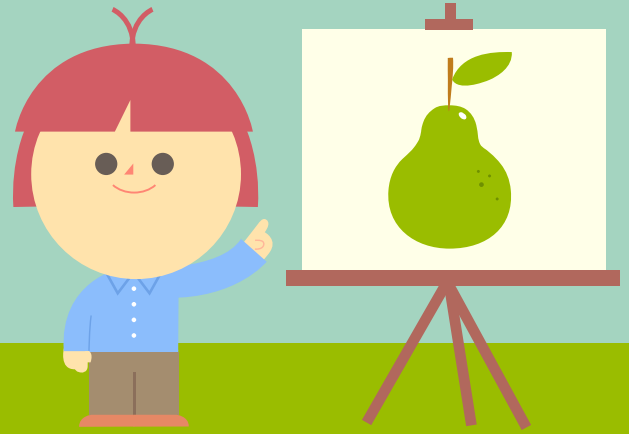


Nutrition notes from

WakeMed Children's Diabetes & Endocrinology



goal setting

> Why Set Goals?

- Goals give you something to work toward.
- Goals help you concentrate your time and effort.
- Goals can provide motivation, persistence and desire.
- Goals can help you set priorities.
- Goals can provide a roadmap to take you from where you are to where you want to be.

> Myths

- **Myth 1: Self-Change is Simple** – Self-change is NOT simple. It takes effort but it's worth it in the long run! Family support is necessary to help make your long-term goals successful.
- **Myth 2: It Just Takes Willpower** – "Willpower" can be defined as a belief in our abilities to change behavior and the decision to act on that belief. Willpower is important, but you have to remember that there are many barriers to changing. Failure to change when relying only on willpower just means that willpower alone is not enough!
- **Myth 3: I've Tried Everything but Nothing Works!** – Sometimes it isn't whether you have tried all the options or not but whether you tried at the right times, made realistic goals, and stuck with the option enough to make it a good habit!
- **Myth 4: People Don't Really Change** – People are successful in making changes all the time, and you can do it, too! Those who have been successful determine what they want to change and know to expect good days and bad days. To be successful in making changes, you have to realize the path will have bumps along the way.

> Getting Started: Things to Ask Your Family

- What would we like to change about our health habits?
- Why is it important that we make these changes?
- Are the changes we want to make realistic? If not, how can we make them achievable?

> Set Smart Goals

- **Specific** – Make your goals specific so they are easily followed, adapted and understood
- **Measurable** – Make goals measurable so you can track your progress
- **Attainable** – Make sure your goals are something you can attain or accomplish
- **Realistic** – Start at a place that will not overwhelm or discourage you (think baby steps)
- **Timely** – Include a timeline so you have structure and a deadline to meet your goal

> Sample Goal

- Scenario: We only eat one vegetable most days and know it is healthier to eat more. It is realistic for us to include more vegetables in my lunch, snack and dinner.
- Goal: We will prepare two different vegetables at dinner (ex. carrots, steamed broccoli, sautéed veggies)

> Our Family Goals
