

Goal Setting and Motivational Factors

WORRY OFF-RAMP · CHAPTER 5

Name _____

Date _____

1 CHANGE GOAL

Write a statement of the overall change desired.

EXAMPLE

I want to improve my overall health and fitness by increasing my exercise.

2 PLANNING STEPS

Set up

List anything you need to get started.

EXAMPLE

Gym membership, weights, space to work out, workout information, written exercise plan, and workout/walk schedule.

Specific weekly action

Ask yourself, "What can I do this week that is specific and measurable, challenging, and realistic?" Start small to get accustomed to the new behavior, and build from there.

EXAMPLE

Exercise at the gym for 20-25 minutes three times a week, following a written set of exercises. Walk for ten minutes each day that I don't go to the gym.

Regular evaluation time

Any change process needs regular evaluation as a guide for learning and adjusting. Failure to meet goals is part of the process! It should not be a reason to feel guilty or give up—it may provide valuable information to help you adjust your goal so that you can achieve it.

EXAMPLE

I will log my exercise activities daily and evaluate my weekly goal on Sundays and adjust goals as necessary.

3 IDENTIFY AND PLAN TO OVERCOME INTERNAL ROADBLOCKS

Write out as many of your internal roadblocks as you can identify, including thoughts, feelings and behaviors, and think of ways you can overcome them.

EXAMPLE

Roadblocks: My feeling of anxiety leads to thoughts like: "I can't do it," "I don't feel like doing it," "I don't have time." Those thoughts lead to procrastination behaviors. I will overcome them by telling myself, "This is my anxiety and they are just thoughts. I am just doing light exercise for 20 minutes, and I will feel better after I am done."

4 IDENTIFY AND PLAN TO OVERCOME EXTERNAL ROADBLOCKS

Write out as many of your external roadblocks as you can identify, including people, places, things, and circumstances, and think of ways you can overcome them.

EXAMPLE

Roadblocks: bed, phone, TV, recliner, food that distracts me and leads to procrastination. I will overcome them by resisting engaging in my phone, TV, and computer, having a protein bar to manage my hunger to give me some energy, walking right past my recliner without sitting in it, and I will reward myself with relaxation and a healthy, satisfying meal after I have finished exercising.

5 FIND HELPFUL PEOPLE

Who can you ask to be an accountability partner, or to give you encouragement? Would having a class that meets regularly help? Or maybe just a friend or two to exercise with?

EXAMPLE

Ask a friend, parent, or mentor to hold me accountable, e.g., seek encouragement from friends, find an exercise class that meets my needs, and look for a workout partner.

6 ANTICIPATE FUTURE REWARDS

Anticipating (imagining) the future benefits of your new behaviors helps keep you motivated by reminding you of the big picture.

EXAMPLE

Exercising will help me feel better, make me healthier and stronger to help deal with my anxiety, give me more confidence, and help me feel more accomplished. I will get to experience interactions with other people and experience new things.
