

Goal setting

Why [*noun*]: A question concerning the cause or reason for which something is done, achieved, etc.

**A GOAL
WITHOUT
A PLAN
IS JUST
A WISH**

Start with the WHY

If you asked yourself right now, “why?”, what would the answer be? Is your why something that has happened, or something you want to happen?

When it comes to setting goals, why is incredibly important. You need to always remember why you set out to achieve something to give you the determination to find, and work on, the how.

Without a goal you can lose focus and lose your way.

You must have a desire to achieve whatever you set yourself to accomplish. Make sure it is something that you would like to do and not just what someone else wants you to do.

Setting goals are a great way for you to take control of what you want to achieve, and help you track how you're doing. It's not enough to know what you want, you have to plan how and when too.

Make sure your goal is one that you can achieve. If it's not realistic, you won't achieve it, and could actually become worse off because you feel like a failure for something you were never going to achieve!

And remember that goals can be short and long term.

For example, a long-term goal may be to lose 15kgs, you won't lose that in a week. But if you plan to lose 1-2% of your body weight a week, you can plan how much that will be in a month, or three months. And a win in the first week will keep you motivated and on track.

If you plan to eat more vegetables and less processed food, you could add a vegetable serving each day, adding a different vegetable each week.

But you need to track your short term goals or the long term ones will never happen. It's about thinking smart – and setting smart goals:

IF IT DOESN'T
CHALLENGE
YOU
IT WON'T
CHANGE
YOU

S	SPECIFIC	simple, sensible, significant
M	MEASURABLE	meaningful, motivating
A	ACHIEVABLE	agreed, attainable
R	RELEVANT	reasonable, realistic and resourced, results-based
T	TIME BOUND	time-based, time limited, time/cost limited, timely, time-sensitive

For example: *"I want to manage my sugar levels better"*

Why: *"Because I can feel lethargic during the day, and I have to increase my insulin"*

Now set a smart goal ...

Specific	I will work on my sugar levels in the mornings.
Measurable	They can get to 12 before breakfast. I want to get them down to 6.5.
Achievable	I know a better diet will help me do this. My short term goals will be to reduce my carbs by a quarter every week until I reach my goal.
Relevant	I can get tips and advice from Diabetes NZ on better food choices.
Time-bound	I know it will not be immediate, I will give myself 12 weeks to make a change and work towards it gradually.

Once you have those goals, you need to stick to them, and track them. If you feel yourself losing willpower, go back to the "why" – it may be your grandchildren that gave you the why... So think about putting a photo of them in your pantry, where you will see them when you reach for food. Or you may have a new outfit, or a wedding you want to attend – keep a diary or calendar where you can see it, and write your progress so you can see the rewards.

TIP

Share your goals and results with family, friends and supporters. Explain why this is important to you, and they will be there when you need support. That someone else knows will also help keep you on track.

AT FIRST THEY
WILL ASK YOU

**WHY YOU'RE
DOING IT**

LATER THEY'LL
ASK YOU

**HOW YOU
DID IT**

10 STEPS TO ACHIEVING YOUR GOALS:

1

Why – and how ... think about why you want to achieve something, and what difference that will make to you! That will get you motivated.

2

Write it down – writing down what you want to achieve will get you started, and it provides a record of how you feel now and what you want to feel once you've achieved your goal.

3

Tell those who are close to you – the ones who can help you, and the ones who may also unintentionally stop you achieving your goals.

4

Break the goal down into achievable chunks – every little bit helps and smaller goals seem less daunting.

5

Make a start – start now. It doesn't have to be a Monday morning, it can be right now. One step at a time.

6

Keep going – Persevere. If you slip, don't quit ... keep going. You are already ahead of where you were when you started. If you need help, talk to your family, or seek the support of experts. Diabetes NZ has a wide range of tools that can give you inspiration and solutions.

7

Track your progress – How are you going? Are the goals you set at the beginning still right? Are they challenging you or are they unrealistic? Do you need to adjust them?

8

Remember why – look back at the first day you started out and remember why you wanted to achieve this goal.

9

Keep going (see number 6).

10

Celebrate when you reach your short-term goal, look at your long-term goals, and think what you need to do next. This is your new why, and should give you motivation to keep achieving your goals!

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.