



Healthy Lifestyles
Health Hub

“The great danger for most of us lies not in setting our aim too high and falling short, but in setting our aim too low and achieving our mark.” -Michelangelo



Goals

Goals are a crucial part to personal development. People need goals to succeed and overcome trials and obstacles.

In the beginnings of humanity, our goals were simple: feed ourselves and our loved ones, find shelter, and avoid predators. And while ultimately those goals have not changed, our means of achieving them have evolved.

As our minds and bodies have become capable of more--industry, agriculture, medicine, technology--our expectations and dreams have expanded too. This growth has made our desires more complex and sometimes more difficult to achieve. But part of what makes us human is our ability to persevere and accomplish the impossible. In order to do that, we must master the art of setting and achieving our goals.

January is a time where society in general tries to turn over new leaves, set new

goals, and strive to make personal changes in life.

Most people who set resolutions for the new year, and for the first few weeks, are very successful in their goals. However, studies have found that after just 1 month of making and committing to their resolutions, 40% of people have already fallen off the so-called "bandwagon." But there is a way around this.

In 1981, George T. Duran, was first seen using the term SMART goal in *Management Review* . Since then, the term has evolved, but we can all agree that SMART goals are crucial in reaching the realization of our goals.



SMART Goals

Specific. When making a goal, it is important to choose one that is clear. Try to answer the questions of what, when, where, why and how when thinking of your goal. Your goal needs to push you and make you feel motivated. For this to happen it has to be specific and clear. For example: *I will run the Draper City Half Marathon on September 23, 2023.*

Measurable. You need to ensure your goal can be measured along the way. For example, my goal of running a half marathon can be measured in two ways. First, there is a specific number of miles I am hoping to achieve (13.1) in the long-term. Second, each week, I can track steady progress and measure how close I am to my final goal by how many miles I was able to run that week.

Achievable. Your goal needs to be realistic for your current lifestyle, while also helping you grow. The example of a half marathon is an achievable goal for me because I am in the habit of moving my body. I also have experience running cross country and thus know the mechanics of training. However, it pushes me out of my comfort zone, since I have not been a consistent runner in years, and I currently do not run regularly. Thus, my goal is slightly uncomfortable and challenging but also achievable and motivating.

Relevant. Your goal should be consistent with the other goals in your life. This means not only is it something you desire, but it is something you can make the time for. Following with the half marathon example, I am currently at a time in my life where I have the time, energy, and assistance I need to focus on my physical wellness journey. Before this year, the goal of a half marathon would have been irrelevant in my life due to other necessary and time-consuming obstacles.

Time-bound. Your goal needs to have an end date. This will help you to stay on track and remain focused. It also allows smaller goals within your larger goal. For example, I need to be able to run 13.1 miles by September 23rd. This allows for smaller time-bound goals: by February, I need to be able to run 3 miles, by April, 6 miles, by June, 9 miles, and by August, 12 miles. This will make it possible to complete 13.1 miles by the end of September, thus making my goal time-bound.

We want to help

Our goal at Healthy Lifestyles is to help YOU achieve your wellness goals. Don't know where to start? We can help. Included on the side of this page are a few workshops we have hosted in 2022 that can help you decide what goals to set for 2023. Once you have an idea, use our SMART Goal Packet to help you write out your goal. We then challenge you to check-in weekly and monthly to evaluate your progress and make needed changes to achieve your goal. If you need any help or guidance, we are here for you! Just reach out to us at MyHealthyLifestyles@slco.org

