

A goal is your vision. It is what you desire; what you aim to achieve. Goals should be personal and meaningful. I can give you ideas and suggestions, but unless the goals feel right, it will be difficult for you to make a lasting commitment to them. Commitment is the key to success!

There are two types of goals: 1) outcome goals, which are the "prize" for all your hard work, and 2) behavior change goals, which are strategic plans you make to help you reach your outcome goals.

Setting specific behavior change goals will help you achieve your outcome goals. These may include shedding excess weight, improving your nutrition, getting into good physical shape, reducing daily stress, etc. Your behavior change goals should be realistic and have a measurable outcome.

Examples of behavior change goals include:

- I will eat 5 Medifast Meals and 1 Lean & Green meal per day.
- I will walk briskly during my lunch hour for 20 minutes each day during the week.
- I will drink 8 glasses or more of water daily.
- I will not consume alcohol.
- I will designate at least 30 minutes a day to an activity I find enjoyable or relaxing.

At times you will need to make adjustments, or change your goals, based on unforeseen obstacles that get in your way. This doesn't mean you give up on the goal; rather it means that you need to set up a contingency plan. We all lead busy lives, and sometimes we may fall behind on the important things - like exercise - and will have to make up for it by making sure we are still eating all the right foods. Stress is often an obstacle that can make us fall into bad habits, so taking time to relax and do things you enjoy could be just the thing you need to stay on track.

Write It Down!

Have you

ever set a goal and then not achieved it? Who hasn't, right?

Well, writing goals down is a proven way to help you reach more of your goals!

Ink it, don't just think it! Spend some time this week writing down what you REALLY want!

Once you write it down, put it somewhere you will see it and be reminded again and again of what you want.

Move it from one place to another when you "stop" seeing it. You can do it - writing it down gets you a step closer!