

Here Are Some Top Tips For Setting Goals



It's okay to doubt yourself sometimes. It's important to be kind to yourself and keep moving forward.

Surround yourself with other people who support you. Make joint goals with family and friends.

Be aware of which things can stop you from achieving your goals and which things could help you.

Work on challenging the all or nothing mindset.

Getting it right when you can is fine.

Every journey starts with a single step. Every achievement begins with setting a goal. Ask yourself, "What would I like to work towards?"



This can be anything from eating healthier, finishing reading a book or counting your carbohydrates more accurately.

Break your goal into smaller, more manageable steps. This makes the task less scary and gives a clear route to success.



How can you break your goals down into smaller steps?

Use The Smart Goals Approach

The SMART goal approach encourages you to set goals that are: **Specific, Measurable, Achievable, Relevant, and Time-bound.** By making sure you meet these criteria, you're more likely to stay on track.

S

Specific: Your goal should be clear and specific, so you know exactly what you're working towards.

'I aim to finish the schools annual cross country race.'

M

Measurable: Being able to measure progress is crucial. When you can measure progress, you can track it and stay motivated.

I keep a diary noting my run times and my glucose levels

A

Achievable: It's important for your goal to be realistic and attainable. It should be something you believe you can do.

'I can build up my fitness slowly to achieve my goal'

R

Relevant: Your goal should matter to you and fit with other things that are important to you.

'Running makes me happy and is good for my health.'

T

Time-bound: Every goal should have a timeframe or deadline. This helps reduce the chances that put it off.

'My deadline for my goal is the date of the race.'

Dream big, and if you're determined, plan carefully, and with the right people to help you, you can achieve those dreams.