

Hailsham Active: Women's Health Workshop

Goal setting

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What would you like to achieve?

Goal-setting is the process of taking active steps to achieve your desired outcome.

You need to know where are you now, where, how far to go, and find out what is on your way.

When you set a goal you set a target which is the result of your efforts and a journey is your behaviour change.



Vision And Mission

End result.



Journey.



SMART - goal setting formula

Specific

S

M

Achievable

A

R

Timely

T

Measurable

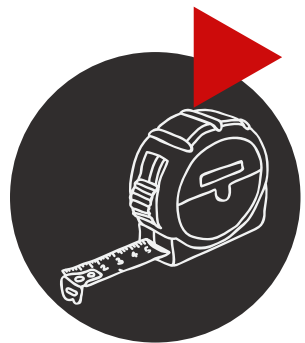
realistic

S M A R T



SPECIFIC

What do you want to accomplish?
What specific outcome do you want to achieve?



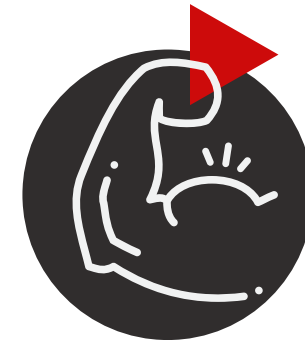
MEASURABLE

How will you measure your success? What type of data will you include? How will you evaluate it, and how frequently will you check?



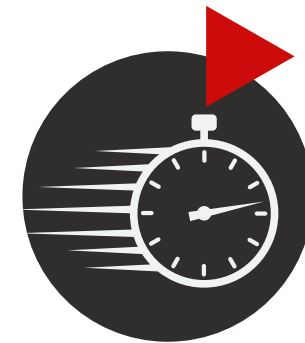
ACHIAVABLE

Do you have all the necessary skills and resources to achieve this goal?
If not, can you obtain them?



REALISTIC/relevant

Is this goal aligned with your other goals, or the overarching goals of your team or organization?



TIMELY

What is the timeframe for achieving this goal?



How do I set goals?

Break down your goals

It can be useful to split large, challenging goals into smaller steps. Smaller steps help keep you on track, meaning you are less likely to give up. Taking one realistic step at a time:

- helps you feel like you have achieved something and keeps you focused
- prevents you from becoming overwhelmed

Goals can be:

- short term
- long term
- for you as an individual, or as part of a group

Focus on your strengths

Seek support and feedback

Set positive goals



Other factors to consider

Biopsychosocial Factors That Influence Health

Biological Factors	Psychological Factors	Social Factors
Metabolism	Thoughts and feelings	Friends and family
Immunity	Mental health	Jobs, coworkers, and boss
Hormones	Coping skills	School and education
Age	Perceptions	Physical environment
Genetic makeup	Memories	Community
Biological sex	Expectations and goals	Culture
Pathogens	Worldview and perspectives	Financial security
Digestion	Values and priorities	Resource access
Health history		
Exercise		
Recovery capability		
Sleep		

interdisciplinary approach to health and wellness

Barriers to achieving your goals...

- ▶ **Lack of time:** Many people struggle to find the time to work on their goals, especially if they have busy schedules or other responsibilities.
- ▶ **Lack of support**
Attempting to achieve our goals in isolation can be an uphill battle. Surrounding yourself with a supportive network of friends, family, mentors, or like-minded individuals can provide the encouragement and accountability needed to stay motivated.
- ▶ **Expectations.** Stop expecting so much. It's a destructive behavior that brings deep disappointment in your life.
- ▶ **Fear of Failure.** Being afraid to fail can prevent us from taking the first step towards achieving any goal. It also fuels other negative responses
- ▶ **Perfectionism.** Having very high standards and expectations for yourself and situations can sometimes create stagnancy and dissatisfaction.
- ▶ **Procrastination** is the act of unnecessarily and voluntarily delaying or postponing something despite knowing that there could be negative consequences for doing so

MOTIVATION

inspire

LEARNING
is a
CONTINUOUS
LIFESTYLE

make
Yourself
Proud.

EVERY
journey
NEEDS A
first
STEP

Fearless

WALK at
your own

PACE

Stay
Focused!

Step out
of your
comfort
ZONE.

EVERY
NEW DAY
IS ANOTHER
CHANCE
TO CHANGE
YOUR
LIFE

You are doing
GREAT!

you can
do it!

NEVER
give
UP

Keep
going

Believe
in
yourself

I CAN
- and -
I WILL

you are
ENOUGH

DON'T FORGET
TO
TAKE A BREAK

Keep it Up!

One day
AT A TIME

make
Change



IDOLS

Do not compare yourself
with others without
knowing circumstances.



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Thank You

F o r A t t e n t i o n

See next at Cardio Workshop

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