

GOAL SETTING EXAMPLES

Example 1

Goal:

I will complete the Foundations Course

Timeframe:

Within 6 weeks

Three steps:

#1 Schedule 30 minutes a week into my diary for the Course

#2 Practice mindful breathing first thing when I wake up and last thing at night when I go to bed

#3 Allow 10 minutes each evening to journal about my progress with my mindful eating

My reasons:

Reduce my eating due to non-hunger reasons. This will improve my mind-body health. I will be a healthier and happier partner, mother, sister, daughter, niece. I will be able to help my family without becoming stressed and unwell.

Today I commit to:

Showing up to the catch up call!

Example 2

Goal:

Reduce my non-hunger eating habit that occurs in the evening

Timeframe:

By end September I will no longer eat after dinner unless I am hungry

Three steps:

#1 Practice the appetite sleuth questions every time I feel like eating in the evenings

#2 Have a list of at least 10 things to do instead of eating

#3 In my morning planning for the day, I imagine being happy in the evenings without snacking

My reasons:

I will gain confidence in knowing what drives my eating and will learn to tune into hunger. I will eat less junk food and smaller portions of food, improving my mind-body health. I will sleep better as I won't feel as full or upset with myself. I will be a healthier and happier partner, mother, sister, daughter, niece. I will have more energy.

Today I commit to:

Writing down the sleuth questions on a small piece of card and keep it on the fridge.