

GOAL SETTING FOR WEIGHT LOSS

Research shows that goal setting is one of the most important tools for helping you achieve weight loss. At Mind over Body we keep goal setting simple. There are many different ways of setting goals, but the way we do it at Mind over Body will give you results. We have developed a method that does not only focus on the overall amount of weight you want to lose, but also on what you have to do on a daily and weekly basis in order to lose weight. What action do you have to take in order to achieve your goal?

There are a number of reasons for this. First of all, saying you have to lose x amount of weight implies somehow that at this moment in time you are not good enough. Another reason to break your goals into smaller behavior or action goals is to keep you motivated. If you only have the one big goal to focus on, you will very quickly lose motivation. Instead, you will learn to set small behavior goals which you can achieve in the short-term.

Another reason why we don't just focus on the number on the scales is that once you have achieved the number of kilos or pounds, what happens next? Do you then go back to your old eating habits? This is what typically leads to yo-yo dieting. Instead of focusing on weight loss, focus on changing the way you relate to food and learn new habits of how you eat and exercise. Setting a goal of x amount of weight will give you short term results, however changing habits will give you long term, permanent results.

This is how you do it:

First of all, think about what your overall outcome goal is. Is it a certain amount of weight you want to lose or is it a fitness goal, like running 5km?

Whatever your overall outcome goal is, break it down into small, weekly behaviour goals. For example, if you want to lose weight, think about what it is you need to do on a weekly basis in order to achieve your weight loss goal. It could be to try and eat protein with every meal, or instead of drinking sugary drinks you drink a glass of sparkling water with a slice of lime.

On the programme, you will set 1 or 2 small goals every week. This will help you establish new habits. It is important that you set yourself only 1 or 2 small behaviour goals, that you are confident of achieving. By achieving your weekly goals, you increase your motivation and your confidence of being able to achieve your overall outcome goal.

Examples of outcome goals:

- Run 5km
- Lose 10lb
- Squat 20lb

Examples of behaviour goals:

- Plan my food on Sunday for the week
- Pack gym bag the night before
- Drink 2 - 3l water a day
- Prepare salads/vegetables on weekend and store in airtight containers

Tip: Avoid setting goals that tell you what not to do.

For example: Instead of saying - I won't eat biscuits with my cup of tea - you can say - I will have a healthy snack with my tea.

Setting yourself small goals every week, which are easily achieved, will help you build momentum and give you the confidence to continue. The purpose of setting those small goals is not just to help you achieve the outcome goal, but also to develop the skill of believing in yourself.

Motivation comes out of momentum, don't wait for motivation, take action first and motivation will follow.

“ACTIVATION COMES BEFORE MOTIVATION”