

## Types of Goals

Outcome Goal	Usually about winning or losing or could be the result of some behavior Example: Place first
Performance Goal	Specifies end products of performance, usually expressed in terms of personal achievement. Example: Achieve a personal best
Process Goal	Specifies the processes you want to engage to perform in a satisfactory manner (however that is defined). Example: Keep a consistent pace



## Setting Achievable Goals

- 1) Gather Information:
  - Where are you now, what is your starting point?
  - What resources are available to you?
  - What are the benefits to making changes?
  - Are you looking to do something within my range of ability / experience?  
What is your motivation?  
What is your commitment level?
- 2) Use the SMART approach above to start to map out your goal.
- 3) Develop goal achievement strategies.
- 4) Commit.
- 5) Measure your progress.
- 6) Evaluate and reevaluate your progress.
- 7) Modify as needed and set new goals!

## Putting Your Plan into Action

### Behaviors for Achieving Your Goal

- 1) What Target Behaviors (process goal), will produce the desired outcome and how and when should they occur?

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- 2) Behavioral Contract: If you execute a healthy behavior, what are the agreed upon rewards?

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- 3) PreMacking: What unlikely behavior can you pair with a likely behavior (ie walk to the ice cream shop) (aka habit stacking)

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- 4) Environmental Stimulus Control:  
Increase the positive cues / stimulus in your environment, make it obvious, easy, attractive and rewarding to do.

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Reduce the negative cues / stimulus in your environment and make it invisible, unattractive, difficult to do, and unsatisfying.

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- 5) Stimulus Narrowing: Offer more tightly controlled stimulus.

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### Identify and Reducing Obstacles

1. Create a list of benefits related to your goal. As you increase your list of benefits, the drawbacks may seem less important.

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2. Usually the drawbacks (cons) are more like hassles than real issues. Compare them to the consequences of not working on your goal.

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3. Try to refute the cons of working toward your goal by replacing them with alternatives or challenges.

List your 3 Biggest Obstacles

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List 3 Practical and Realistic Alternatives

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