

Whether you're just starting out on your weight loss journey, part way through or you've reached your goal, it is always a good idea to refresh and focus yourself with a new plan or simply refine your existing goals. Those who set goals with a plan are more likely to succeed than those who don't. These 4 steps will help!

TIP: You can complete this goal setting exercise digitally or print a copy and fill it out by hand.

1 SET A SMART GOAL

SPECIFIC – What exactly do I want to achieve?

MEASURABLE – How can I measure & record my progress and success?

ACHIEVABLE – Do I have the skills and/or support to achieve my goal?

REALISTIC – Is the goal reasonable, can I reach it or do I need to break it down into smaller goals?

TIP: If your goal is weight loss, remember to aim for 0.5kg – 1kg a week and allow for setbacks.

TIME SPECIFIC – When do I want to achieve my goal by?

2 YOUR 'WHY'

ASK YOURSELF “Why is it important for me to achieve this and to make this change?”

TIP: Writing down your 'why' allows you to remind yourself throughout your journey. If you did this when you first started Jenny Craig, look back at what you wrote. Is it still true? If not, now is the time to re-write your motivation.

3 PLAN

Now you know your goal, how do you plan to achieve it, what specific changes do you need to make. For weight loss goals, think of food and drink changes and an activity plan to get you moving more and how you'll focus your mind.

FOOD

BODY

MIND

4 VISUALISE

You need to be able to see yourself at your goal – How will you look? Healthier, happier, younger, confident? How will you feel? Happy, proud, accomplished?

HOW I LOOK

HOW I FEEL