GOAL SETTING

If you don't think about what you might like to achieve or if you have no direction or focus for your energies, it becomes a matter of luck as to where you end up in life and what you achieve along the way. Some reasons why you might consider setting goals are:

- Setting goals gets you to think about possibilities.
- Goals give you a direction to work towards.
- Goals give you a clear picture of where you want to go.
- Goals help you push yourself just a little bit more.
- Goals help you have more fun and a fulfilled life.
- Goals can give you motivation and focus.
- Setting goals helps you do the things you really want to do in life.

SMART Goals:

Many goal setting experts suggest it is best to set goals using the SMART Goals method:

S = Specific
M = Measurable
A = Attainable
R = Realistic
T = Timeframe

Specific
- Well-defined
- Be as detailed as possible so there is no mistake what the goal is in moving forward

Measurable
- This is how you know when you have achieved your goal
- In many cases, there would be a number involved (e.g. 10 lbs. lost, 5 recipes learned, $100 saved each month)

Attainable
- What are the steps you need to take to get there?
- You can reach the goal if you can lay out the small goals (steps) that need to be taken to get there

Realistic
- Do you have the resources, knowledge, and time needed to make this happen?

Timeframe
- When will you complete the goal?
- Have you given yourself enough time to accomplish the goal?

Example:

By week seven of the Food Families program, I will be implementing couponing and price matching concepts to begin saving $25 each week on grocery shopping trips.

A goal like this could also include additional details or steps to help with full implementation. For instance, one might include the following steps:

1. Research possible price matching apps for my phone – Friday Nov. 4th
2. Gather and organize coupons in new binder – Tuesday Nov. 8th
3. Make meal plans for two week time periods – Wednesday Nov. 9th
4. Develop a grocery list based on meal plans, sales, and coupons – Thursday Nov. 10th

Set Your Own Goals

You may not know exactly what the goals look like right now, or which ones will be most important to you until you begin to work through the modules, so please be sure to come back to these as you move through the program.

Based on what you know about the Food Families modules and what is important to you, take a few moments to identify a few goals you would like to pursue further.

Here are some basic goals you may want to consider as you begin the Food Families journey:

- I will implement healthy eating principles into my regular eating routine (you may choose specific principles discussed during the Healthy Eating module).
- I will add 30 minutes of exercise into my daily routine.
- I will lose X number of pounds.
- I will use coupons each time I grocery shop.
- I will develop a weekly meal plan for my family.
- I will use price matching techniques each time I grocery shop.
- I will save $100 every month on my groceries by using couponing and price matching techniques.
- I will cook one new recipe each week.
- I will include my kids in the cooking process at least one time each week.
- I will create a monthly budget to help manage my finances.
- I will find new ways to stretch my monthly income.
- I will find a small group of people to share cooking costs and food preparation in order to make meals for our families.
- I will begin to grow some of my own food.

- I will implement techniques to preserve fresh fruits and vegetables.
- I will make two new friends from my community.

What are five goals you would like to pursue (they don't have to be from the list above)?

1. _____
2. _____
3. _____
4. _____
5. _____

For each goal, write out some of the steps you may need to take to accomplish it.

Goal #1
Step 1
Step 2
Step 3
Step 4

How will I feel if I reach my goal?

Goal #2
Step 1
Step 2
Step 3
Step 4

How will I feel if I reach my goal?

Goal #3
Step 1
Step 2
Step 3
Step 4

How will I feel if I reach my goal?

Goal #4
Step 1
Step 2
Step 3
Step 4

How will I feel if I reach my goal?

Goal #5
Step 1
Step 2
Step 3
Step 4

How will I feel if I reach my goal?