



Setting Goals to Change Habits



Horizon Blue Cross Blue Shield of New Jersey

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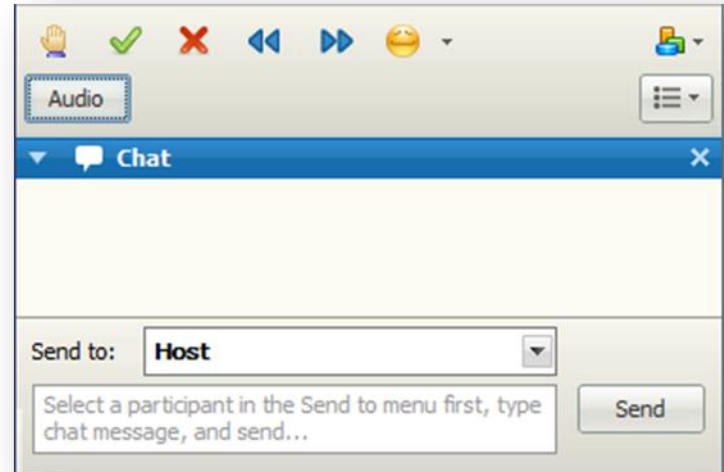
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Questions? Use the Chat Tool

How to send a message via Chat:

1. Look at the top-right corner of the screen for the word *Chat* with dialogue bubble image.
2. Click on the image.
3. On the lower right of the screen, see dropdown menu for options on who to send a message to. Select *Host*.
4. Type your question in the box and select *Send*.



Questions may be addressed to the group after the presentation.

Agenda

- 1 Understanding the importance of goal setting
- 2 Identification of stages of change
- 3 Understanding SMART goal setting
- 4 Setting SMART goals to improve habits
- 5 Our resources
- 6 Your questions

Why Set Goals?

Goals:

- Help us stay focused on what we wish to achieve.
- Give us direction to achieve those wishes.
- Help us maintain continuity.
- Help us clearly define what we are going to do.



Questions for Reflection

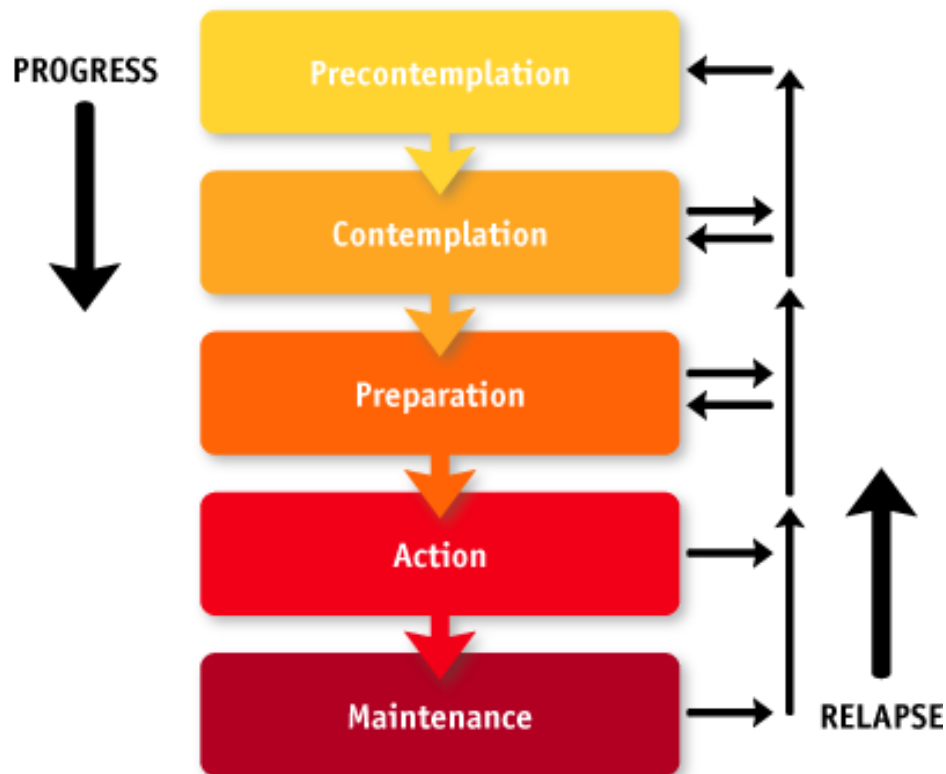
- *“What do I wish to accomplish?”*
- *“How do I feel about making change?”*
- *“Where do I begin?”*
- *“What do I work on first?”*

Setting one or two goals will help answer these questions and set the tone for successful change.

“The only mistake you can make is to give up on yourself.”
– James Prochaska



Stages of Change



- Prochaska's model, based on principles developed from more than 35 years of research, covers the five main stages of change.
- Individuals can fluctuate between stages before reaching the maintenance stage.

Prochaska's Stages of Change

Stage 1: Precontemplation – *“I’m not ready.”*

Stage 2: Contemplation – *“I’m getting ready.”*

Stage 3: Preparation – *“I’m ready.”*

Stage 4: Action – *“I’m doing it!”*

Stage 5: Maintenance – *“I succeeded!”*



Stage One: Pre-Contemplation

- No thought of changing now or later.
- Mindset:
 - *“Ignorance is bliss.”*
 - *“That problem is not a concern for me.”*
- Others may repeatedly urge the individual to take action, but the person is deaf to their pleas.
- Cons of making changes are more powerful than the pros.



Stage Two: Contemplation

- The person intends to make a change in the near future, but is ambivalent about it.
- The person is willing to learn about how making change can affect them and is willing to learn from others who are already engaging in that behavior.
- The person is more aware of the positives of change.



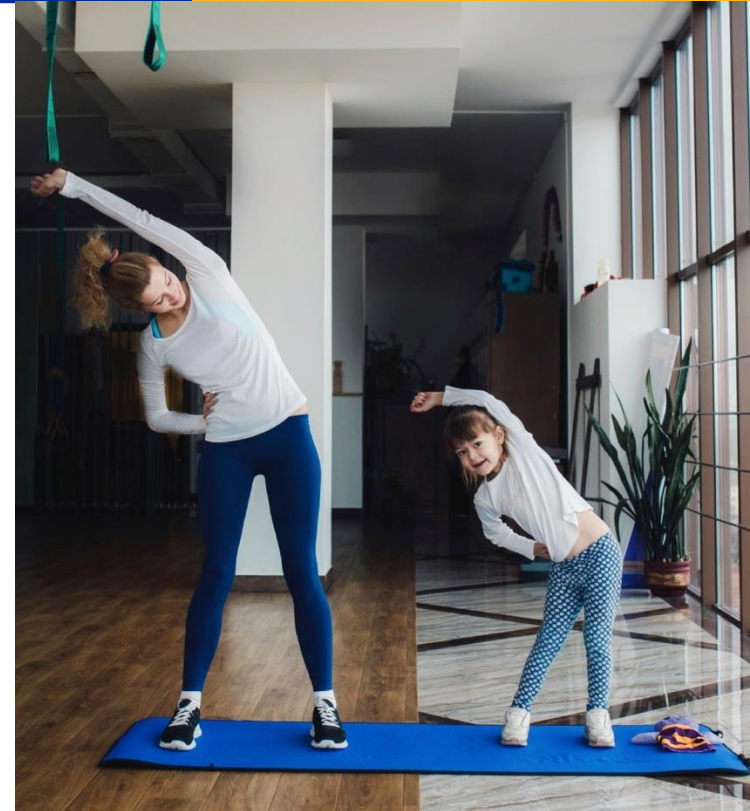
Stage Three: Preparation

- The person is planning to make a change in the immediate near term (e.g., one month).
- The person removes temptations, discusses change with family and friends, plans how action will be taken and seeks outside support.
- The person arranges substitutes for the missed habit, activity or substance.
- The pros of changing outweigh the cons.



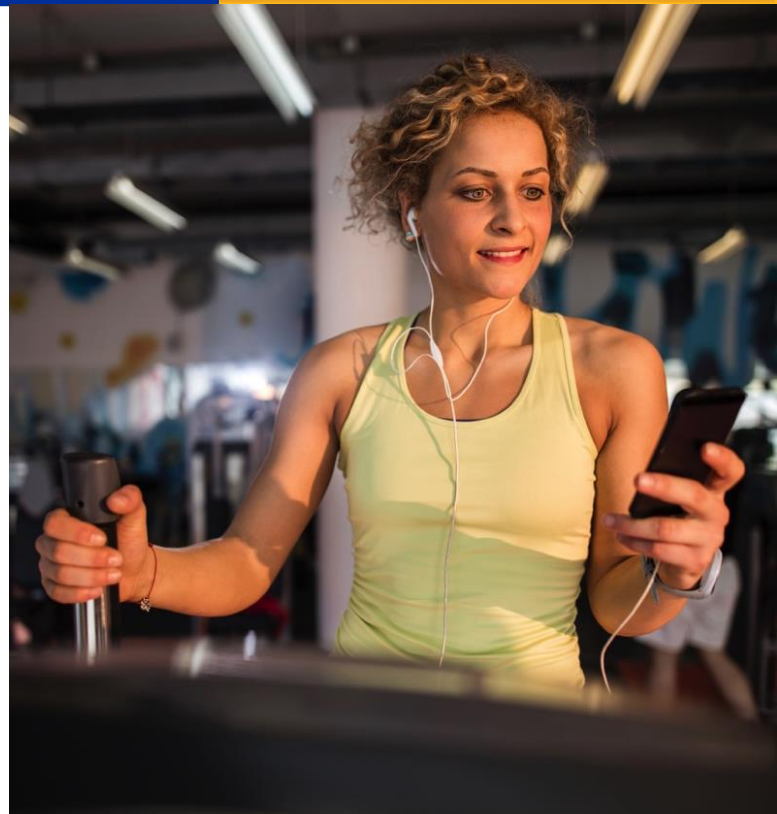
Stage Four: Action

- The person engages in the new behavior and starts to practice it for a few months.
- The person strengthens his or her commitment to change and fights urges to slip back to old behavior.
- Are you in Stage Four? Here are some tips for success in this stage:
 - Reward yourself for making positive behavior changes.
 - Avoid people and situations that tempt you to behave in unhealthy ways.
 - Focus on strengthening support.



Stage Five: Maintenance

- More than six months of sustained behavior change.
- Tips for success in this stage:
 - Be aware of situations that may tempt you to go back to the unhealthy behavior, especially in stressful situations.
 - Seek support and talk with people you trust.
 - Learn to cope with stress in a healthy way.



Relapse: A Behavior, Not a Stage



- Old behavior resumes.
- Tips for moving through this stage:
 - Evaluate your triggers for relapse.
 - Reassess your motivation and barriers.
 - Identify alternative coping skills.

It's a Process



- Moving from one stage to the next is a process.
- It is not uncommon to go back and forth through the stages. It does not mean that you have failed.
- Just get right back on track!

Which Stage of Change?

Nancy developed a plan to stop smoking. She informed family, friends and co-workers of her decision. She has seen her doctor and received a prescription to help her quit. She has removed all ashtrays from her home and all cigarettes from her car.

Which stage of change is Nancy in?



Which Stage of Change?



Bob drinks heavily after work and on the weekends. His wife and kids continuously urge him to change, but he enjoys having beer while watching sports on TV.

Which stage of change is Bob in?

Which Stage of Change?



Molly admires her friend, Ava, who has lost 25 pounds in the last year while participating in a weight-loss program. Molly is thinking about joining, too, as she really wants to lose weight and be healthier.

Which stage of change is Molly in?

Which Stage of Change?



Steve started to walk after work nine months ago and is now walking three miles on most days of the week. He is down to his goal weight and feels great. He walks with his buddy who shares the same goal.

Which stage of change is Steve in?

Which Stage of Change?



Sandy is dealing better with stress by practicing meditation and deep breathing twice a day. She has been practicing these relaxation techniques for the past four months since her heart attack.

Which stage of change is Sandy in?

SMART Goal Setting



How do we start with the process of goal setting?

S: Specific

M: Measurable

A: Attainable

R: Realistic

T: Timely

SMART Goal-Setting: Examples

- *“I will walk for 10 minutes during lunch three times a week.”*
- *“I will have one cookie before bed instead of two.”*
- *“I will practice deep-breathing exercises twice daily while I am at work.”*
- *“I will reduce my smoking from 1 pack per day to 3/4 pack per day.”*
- *“I will have one glass of wine with dinner three times a week instead of every day.”*
- *“I will attend a diabetes support group every month.”*

Tips for Success



- Make sure the goal that you work on is what **you** want — not what your family, friends or doctor want.
- Write down your goal(s). Look at them often. Ask yourself, “Am I achieving my goal(s)?”
- Know who you can go to for support and encouragement.
- Avoid those who are not supportive.

Tips for Success

- Monitor your behaviors at least once a week.
- Consider keeping a journal or notebook.
- Avoid a chain reaction.
- Keep goals realistic and achievable.
- Reward yourself for a job well done!



Goal-Setting: Sample

My Goal: I will walk for 15 minutes around my neighborhood four times a week.

I will start on...	September 1, 2017
I will re-evaluate my goal on...	November 1, 2017
My goal is important because...	I want to lose weight and feel better about myself.
The steps I will take are...	Set a reminder in my phone calendar for Monday, Wednesday, Friday and Saturday to walk at 4:30 p.m.
The possible barriers are...	Working late, weather conditions, sick parent that needs help, etc.
My incentive is...	A new pair of walking shoes

Tracking Progress

Week	Action	Followed schedule?	Barrier	On track?
1	Walked 4 times	Yes	None	Yes
2	Walked 4 times	Yes	Rain; walked at mall.	Yes
3	Walked 3 times	No	Sick parent needed help.	Yes
4	Walked 4 times	Yes	None	Yes
5	Walked 2 times	No	Worked late; stressed; didn't feel like walking.	No
6	Walked 4 times	Yes	Changed time to 5 p.m.	Yes
7	Walked 4 times	Yes	None	Yes
8	Walked 4 times	Rescheduled	Changed day due to snow.	Yes

Readiness to Change

To succeed in making changes you need to answer “Yes” to the following question:

Are you ready, willing and able to change?

How confident are you in your ability to change?



What Stage Are You In?

- *“I’m not ready to change right now.”*
- *“I’m thinking about doing it sometime.”*
- *“I might do it within the next month.”*
- *“I’m doing it now.”*
- *“I’ve been doing it for more than six months.”*



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Questions?



Sources

- American Psychological Association: [apa.org](https://www.apa.org)
- Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)
- National Diabetes Education Program: ndep.nih.gov
- *WebMD*: [webmd.com](https://www.webmd.com)

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