

Session overview

The aim of this session is to explore the importance of finding motivation and setting goals to form healthy habits.

This session introduces participants to the foundations of healthy behaviour change.

1 Staying on track

Teaching objective: The aim of this topic is to explore how to find motivation to form healthy habits.

By the end of this topic, participants will understand:

- What's involved in forming healthy habits.
- Their pros and cons for forming healthy habits.
- How their actions can motivate others to form healthy habits.

Summary of key learnings

- Participants are introduced to the concept of success being like an iceberg, which emphasises the importance of focusing on the underlying efforts and journey involved in forming healthy habits rather than the end result.
- Participants learn to reflect on their current level of motivation and explore the fluctuating nature of motivation over time.
- Participants identify personal motivations, to become more self-aware and better equipped to foster their own motivation using a decisional balance tool.
- Participants are also prompted to complete a decisional balance activity to consider the pros, cons, benefits and challenges of making healthy changes versus not making those changes.
- Participants explore the influence social interactions with others can have on forming healthy habits and the power of role modelling healthy habits for others.

2 Goal setting

Teaching objective: To describe how to set SMART goals and action plans to form healthy habits.

By the end of this topic, participants will understand:

- How setting goals can help us form healthy habits.
- How to set SMART goals.
- How action plans can help put SMART goals into practice.

Summary of key learnings

- Participants are introduced to the goal setting process and how setting specific goals can provide focus and motivation for healthy behaviour change. There is emphasis on encouraging participants to set action-based goals, rather than outcome-based goals.
- Participants learn how to write their own goals using the SMART goal principle (Specific, Measurable, Achievable, Relevant and Time-limited). A variety of goals are provided as examples which participants may choose to work on in the future.
- Participants learn that setting goals is just the first step, and action plans help translate goals into actionable steps to help overcome barriers.
- Participants are provided with key steps to follow to form an action plan for SMART goals; list it, challenge it, share it, track it, check it.

3 Put this into practice

Below is a list of suggested SMART goals that participants may choose to work on after completing this session.

Coaches should introduce these SMART goals to participants in the coaching session, or once all education activities and discussions are complete. Participants are encouraged to choose 2 – 3 goals to work on at a time. Coaches should guide participants to select a balance of activity and nutrition goals. Goals can be adapted to be easier or harder, so they are suitable for each participant.

SMART Goal suggestions

- Write down your top three reasons for forming healthy habits and share them with another family member or friend this week.
- Write up your pros and cons of staying the same versus making changes and stick it on your wall/fridge as a reminder.
- Come up with two SMART goals that you would like to work on this week.
- Make an action plan for at least one SMART goal to work on this week.
- Talk with a friend or family member about how you will manage setbacks or failures when working toward goals.
- Sit down to have an evening meal with other family members or friends three days this week.
- Try new foods with another family member or friend three times this week.
- Do something active with another family member or friend every day this week.
- Cook / prepare at least one meal or snack with another family member or friend this week.
- Walk or ride to get to places at least twice this week (e.g., to school, work, park, friend's house, shops).