

Planning for success



Success is like an iceberg

Sounds crazy? Hear us out ...

Think about the structure of an iceberg that floats in water. Only a small part of the iceberg is visible above the water line, a large part of the iceberg is hidden beneath the water.

We can say the same thing about success. We can see a person's actions or accomplishments, but what we don't always see is the effort or journey they took to get there. But this is actually what we need to focus on to be successful!

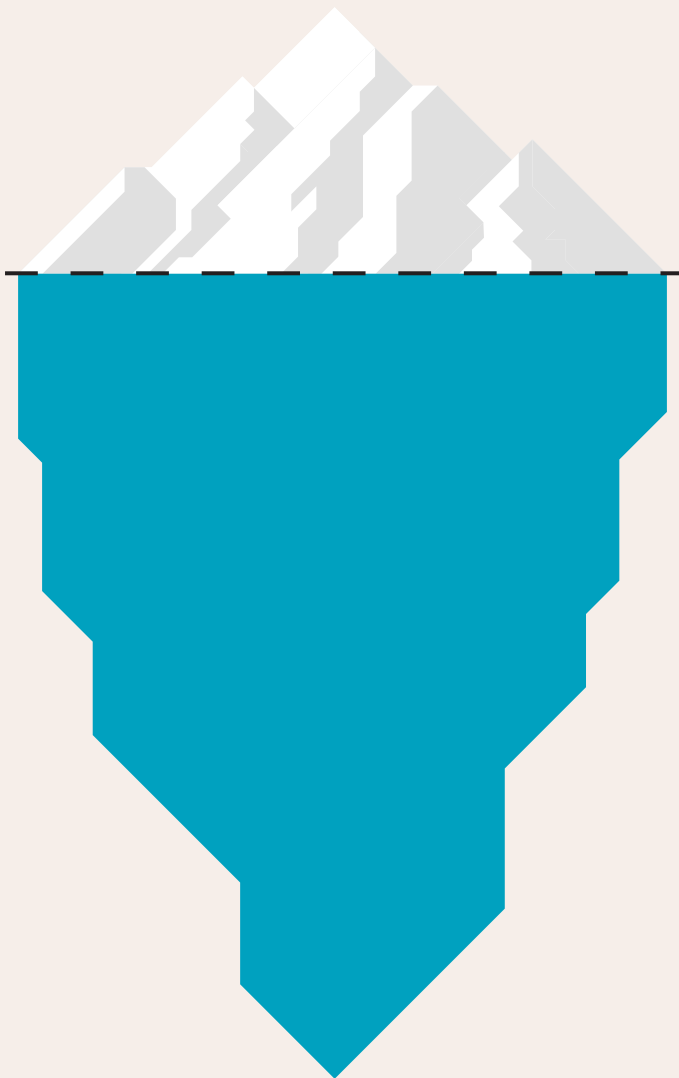
This can be applied to all different types of success in life, including the success of forming healthy habits. To successfully form healthy habits we need to focus on the things that we can do, not only what people will see.



Write your overall health and well-being goal in the space above the water line, then write all the things you will need to do to achieve your goal below the water line. Keep this as a visual reminder.

My overall health and well-being goal:

Things I will need to do to achieve my goal:



My motivation

Motivation is our willingness to do something.



On a scale from 1 – 10, how motivated are you to form healthy habits? Circle the number to rate your motivation, where 1 is not motivated at all and 10 is very motivated.



Then, write your reasons for rating it that way. For example, if you selected an 8 or 9, why did you select this instead of a 1 or 2?



When it comes to forming healthy habits, motivation can be like a roller coaster. If you are feeling like you're on the lower end of the motivation scale... that's okay. In fact, that is completely normal. Sometimes you may be full steam ahead and other times not so much. Finding your reasons to stay healthy and active can help to increase your motivation.

Finding my motivation

What's motivating you to form healthy habits?



Fill in the table with the pros and cons of things staying the way they are now, versus the pros and cons of making changes. By the end of this activity, you will be able to identify your reasons for wanting to form healthy habits.

This can be a helpful activity to revisit if you are feeling unsure about making changes in any area of your life!

Pros of making healthy changes

Example: Feel happier and more confident.

Cons of making healthy changes

Example: It will take effort and time to work on goals.

Pros of staying the same

Example: Will have more time for other things.

Cons of staying the same

Example: Won't learn to try new things or form new healthy habits.

Motivating others

Did you know our motivation is influenced by other people in our lives? Friends, family and the people we spend time with at school, work and in the community, all influence our motivation.

How? When we are surrounded by people who are also focusing on making healthy choices, we are more likely to be motivated to do so too! We learn from watching and copying the actions of others.



Our actions speak louder than words. What we **DO** is a lot more powerful than what we **SAY**. Getting others on board to work on healthy changes together is powerful too.



Here are some ways you can motivate others to form healthy habits:



- Eat healthy foods in front of others.
- Take and make opportunities to be active (e.g. taking the stairs instead of the lift, ride or walk to get to places).
- Cook healthy meals with others.
- Eat meals and snacks with others.
- Have a positive attitude about making healthy choices.
- Put your phone away and take more time to be active with others.
- Promote health and well-being with others (e.g. go for evening walks with others, go for walking meetings, have a fruit break for morning tea).
- Prioritise health and well-being over appearance.

Motivating others



In the boxes below, write down some ways you can motivate others to form healthy habits.

Example: I will show a positive attitude towards making healthy choices to motivate others around me to do so too.

Ways I want to motivate others

Get SMART

We often have big ideas about what being healthier looks like, but to develop new healthy habits we need to narrow it down and get specific. Setting goals can help us focus on the behaviours we want to change and motivate us to take action.

When setting goals, make sure they are SMART.

Specific

Aim to set goals that are focused on a specific behaviour so that you know what you're working on.

- ✘ "Be healthier."
- ✔ "Eat at least one serve of vegetables with dinner every day this week."

Measurable

Try to put a number in your goal so that you can measure when you've achieved it.

- ✘ "Drink more water today."
- ✔ "Drink 8 glasses of water every day this week."

Achievable

It is better to start with a goal that is too easy rather than too difficult. Aim for small, achievable goals that you can make more difficult if you need to.

- ✘ "I will stop eating chocolate."
- ✔ "I will have a piece of fruit after dinner, instead of chocolate, three nights this week."

Relevant

Is the goal relevant to what you are trying to achieve? Choose goals that are relevant to you and your current situation.

- ✘ "We will not have dessert this week (if you usually don't have dessert)."
- ✔ "We will walk the dog four times this week (if you are already doing this once a week)."

Time-limited

Aim to set a time-limit to achieve the goal. Setting a time frame for your goal can help to keep you motivated and focused.

- ✘ "We will go swimming twice this year."
- ✔ "I will go swimming twice this week."

SMART goal builder



Write in each of the sections below to build your own SMART goal.

My initial goal:

S

Specific. What exactly do you want to accomplish?

M

Measurable. How will I know when I meet my goal?

A

Achievable. Is it possible to achieve this goal within my time frame?

R

Relevant. Is this goal relevant to my current situation? Does it help me with my overall health and well-being goal?

T

Time-limited. What is the deadline to meet this goal by? Goals with short time frames are best (e.g. weekly or fortnightly goals).

My SMART goal:

I Making action plans

Setting a goal is all well and good, but it's normal for things to come up or get in the way. The key to forming healthy habits is not only knowing 'what' you hope to achieve but also 'where', 'when' and 'how' you're going to do it. We call this an action plan.

Making action plans can help us work out all the steps we will need to take to achieve a SMART goal. They help us be prepared if something comes up, or if something gets in the way and therefore increase the likelihood that we will achieve our goals.

To create an action plan, work through the following steps once you have written a SMART goal.



Step 1: List it.

What's your first step? And, what else will you need to do? List all of the step-by-step tasks you will need to do to achieve the goal.



Step 2: Challenge it.

What if something gets in the way? Do you have a back-up plan? List the potential obstacles that might get in the way of achieving the goal and how you can overcome them.



Step 3: Share it.

What or who could support you? Find someone to share your plan with. Is there someone else you can work on your goal with, or lean on for support?



Step 4: Track it.

How will you remember to do these things? Plan how you are going to track your goal so you know how you are progressing.



Step 5: Check it.

This step happens after you put your action plan into practice. Check you've set the right goal and plan is working. Did it work? Yes, awesome! No, how come? Change your goal to be easier or harder. Or change your plan!

My action plan

Use this template to come up with some action plans for the goals you have chosen to work on.

My action plan
My SMART Goal:
Step 1: List it. List all of the step-by-step tasks you will need to do to achieve the goal.
Step 2: Challenge it. What's your backup plan if something comes up or gets in the way of achieving the goal?
Step 3: Share it. Who will you share your plan with?
Step 4: Track it. How are you going to track the progress towards your goal?
Step 5: Check it. Check-in after you have put your plan into practice. Did you set the right goal? Is your plan working?

Putting this into practice

Below is a list of suggested SMART goals that you may choose to work.



Tick ✓ the goals you would like to work on right now and cross ✗ the goals you don't need to work on right now. Then, select two to three goals to work on at a time. Or write your own goals in the section below. Remember, goals can be adapted to be easier or harder, so they are suitable for you and your current situation.

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).

My goals to work on are: