



# DR. RITAMARIE'S INSPIRED HEALTH VISION SYSTEM

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## PART 3 OF 3: SETTING YOUR GOALS



# SETTING YOUR GOALS PROCESS

## Step 1: Choosing Your 90-Day Bold Goal

*"The trouble with not having a goal is that you can spend your life running up and down the field and never scoring." — Bill Copeland*

Review your "Vision Charts" from Part 2 of the Inspired Health Vision System and **choose ONE goal** you'd like to celebrate completing 90 days from now. Make it specific, measurable, bold AND realistic.

For example, if you can hardly lift a five pound bag of apples now, it is unrealistic to expect you will be bench pressing 200 pounds in 90 days – a *bold* goal, yes, but not at all reasonable. Targeting to lift 20 pounds in 90 days is bold, yet more realistic in light of your current strength.



The combination of **BOLD** and **REALISTIC** may at first glance seem contradictory. Yet if you think about it more carefully, you'll realize that a goal can be realistic while still being bold. Bold goals require effort to achieve, but are nonetheless achievable within the specified time frame.

If the goal is not bold enough – dropping 2 pounds in 90 days, for instance – little effort is required, and there is not a lot of juice driving it. It would be easy to goof off until the end of the time period, put in a little bit of effort, and make the goal.

On the other hand, however, it is not realistic to decide to drop 80 pounds in 90 days. Even if you ate nothing for 90 days, it is unlikely you'd drop your weight by 80 pounds in that short a time.

A common acronym used in describing goals is "SMART". Smart goals are:

- **Specific**
- **Measurable**
- **Attainable**
- **Relevant and**
- **Timely**

Examples of specific, measurable bold goals, stated in the present tense:

- I am able to ride my bicycle for an hour without tiring.
- I weigh (Fill in a number that is 20 pounds less than you weigh today), and I permanently maintain this weight by eating healthy, wholesome foods.
- I am able to breathe freely without the use of medication.
- I can focus on one task at a time in 15 minute increments.
- My knees feel strong and comfortable during exercise.
- My digestion is comfortable, with regular elimination occurring 3 times a day.



Notice how specific these goals are? If yours starts out with the words “more” or “some,” it’s time to pinpoint exactly what you’d like to accomplish. Instead of more, or some, specify a quantity.

Also notice that these are *ends goals*, not *means goals*. You would not choose “I am drinking a green smoothie every day” or “I no longer eat sugar” as a 90-Day Bold Health Goal, as these are means to an end, not goals themselves. (They can, of course, still be a critical part of your Action Plan!)

The 90-Day Bold Health Goal should be something you want because it feels good and is very important to you, based on what you value most.

## Step 2: Fill in Your Bold Health Goal Commitment Form

In the form on the next page, write your name and goal in the spaces provided.

**After you write your 90-Day Bold Goal Statement, read it out loud to yourself.** It should evoke strong emotion. If it doesn't, work with the wording until it does. Once you get it the way you'd like, continue to read it over and over again until you have a strong desire and determination to make this happen.

**Write down why this goal is important to you.** Use vivid, emotional language and allow yourself to get in touch with this. What experience or accomplishment will it bring you? How will it benefit your relationships, your career or your personal perspective? How might your improved health or self-esteem benefit others in your life?

**Finally, get in touch with how you'll feel when you've accomplished this goal.** Write it down in present tense language, as if you are stepping into that place 90 days from now and you've already realized your vision. Let your statements reflect your deepest feelings.

*"If you are bored with life, if you don't get up every morning with a burning desire to do things—you don't have enough goals." — Lou Holtz*

## 90-Day Bold Health Goal Commitment Form

I, \_\_\_\_\_, (name) make a commitment to

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by \_\_\_\_\_ (date).

### Why this goal is important to me:

What I'll experience when I achieve my goal (stated in present tense language as if it has already occurred):

## Step 3: Chunk Your 90-Day Bold Goal down into 30 Day Sub-Goals

The 90-Day Bold Health Goal definition is big! To facilitate the creation of day-to-day action steps, it's helpful to break it down into smaller chunks. In fact, many people fail to achieve their goals because they don't break them down into manageable steps. If all you can see is the big picture, you might feel overwhelmed and won't know where to start working on it.

There are several advantages to breaking your bold goal down into 30-day segments.

- You can track your progress more efficiently.
- The smaller goals feel easier to achieve.
- You can more easily create your action steps from the mini-goals.
- When you have 30 day mini-goals, you can more easily track your progress. At the end of each 30 day period you can re-evaluate and adjust your plan according to how far you've come...and celebrate your success!

For example, if you were to set a 90-Day Bold Goal of a 20 pound weight reduction, how much weight would you need to drop by the end of 30 days?

Here's where pure math may not provide the answer. If you simply divide the 20 pounds into 3 equal parts, you may find yourself scrambling at the end since most weight loss programs result in more rapid results during the first month. In this case, it might be more reasonable to target an 8 or 10 pound weight reduction at the end of the first month, followed by 5-6 pounds in the second and third month.

Go ahead and think it through now. For you to accomplish your 90-Day Bold Health Goal, what would you aspire to accomplish by the end of the first 30 days? The second 30 days? Write these down in the space provided on the next page.



**1<sup>st</sup> 30-Day Goal:**

I, \_\_\_\_\_, (name) make a commitment to

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by \_\_\_\_\_ (date).

**2<sup>nd</sup> 30-Day Goal:**

I, \_\_\_\_\_, (name) make a commitment to

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by \_\_\_\_\_ (date).

**3<sup>rd</sup> 30-Day Goal:**

I, \_\_\_\_\_, (name) make a commitment to

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by \_\_\_\_\_ (date).

*"In the long run men hit only what they aim at." — Henry David Thoreau*

## Step 4: Create Your Action Plan

**Achieving a goal is 10% inspiration and 90% perspiration. Are you willing to work?**

Having a goal is a starting point. Without action, the goal remains just that. It becomes simply a lofty idea that never takes shape.

To bring your vision to reality you need a plan. You need a distinct set of tangible action steps that you can use to guide your daily activities.

Take time with this section; it's important. Creating an action plan gives you the ability to keep one foot in front of the other at all times. It allows you to make decisions about the activities you do and the decisions you make.



**Brainstorm the actions required of you to accomplish your first 30 day goal.** Start by simply writing each action down as it comes to you. Use the space below or a separate piece of paper. Don't filter at first. Simply ask yourself, "What actions do I need to take to keep me moving closer and closer to my goal?"

As you write, your brain will come up with more and more answers. Write all of them down. It may turn out that some are not necessary but you can always cross them off later.

### **Actions I need to take to reach my first 30 day goal:**

After you've completed your brainstorming session, read through the action steps, keeping the ones that work and discarding the ones that don't.

Transfer each action to the left-hand column of the table on the following page. Be VERY specific in listing each step even if you don't know how to do it. Knowing 'how' is NOT necessary to reach your goal. For now, just stay focused on the "what".

Revisit this process every 30 days to create your action plan for the month ahead. Start with your 1<sup>st</sup> 30-Day Action Plan. Following the charts will be instructions on the "Date" and "Support" columns.

## My Action Plan – 1<sup>st</sup> 30 Days

	<b>Steps I need to take to achieve this goal</b>	<b>Date</b>	<b>Support needed to accomplish</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

## My Action Plan – 2<sup>nd</sup> 30 Days

	Steps I need to take to achieve this goal	Date	Support needed to accomplish
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

## My Action Plan – 3<sup>rd</sup> 30 Days

	Steps I need to take to achieve this goal	Date	Support needed to accomplish
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

## Step 5: Get Support

*"Most of us, swimming against the tides of trouble the world knows nothing about, need only a bit of praise or encouragement - and we will make the goal."*  
— Jerome Fleishman

Read through each of the actions you wrote on your first 30-Day Action Plan worksheet. Ask yourself, **"What help do I need and who can help make this step easier?"** Then write down whatever comes to mind in the rightmost column of the worksheet.

For some steps, you may not need support. For others, support can make the difference between successful completion of the action and failure to follow through. Be realistic and honest with yourself. If exercising is one of your actions, perhaps you need a buddy to work out with. Maybe you need equipment or a gym membership. If you are committed to avoiding junk food, perhaps you need your family to help by hiding the Twinkies.

Identifying the areas requiring support may generate extra steps. You may need to write an action step that says, "Ask so-and-so for support."

Finally, fill in the "Date" column with the date you plan to start taking action on the step, and note the item on your calendar. Some steps may be on-going and repetitive. In that case, write all of the occurrences on your calendar.

Look at your action steps daily, to be sure you're keeping up with what you need to do to meet your goal.

Be sure to evaluate your progress monthly and repeat the action step process, and to rejoice in your successful completion of key action steps. Re-evaluate and revise whenever necessary.

Above all, have fun with the process. Soon it will become automatic and you'll be celebrating the sweetness of accomplishing your **90-Day Bold Health Goal**.

*"Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it." — Jack Canfield*

