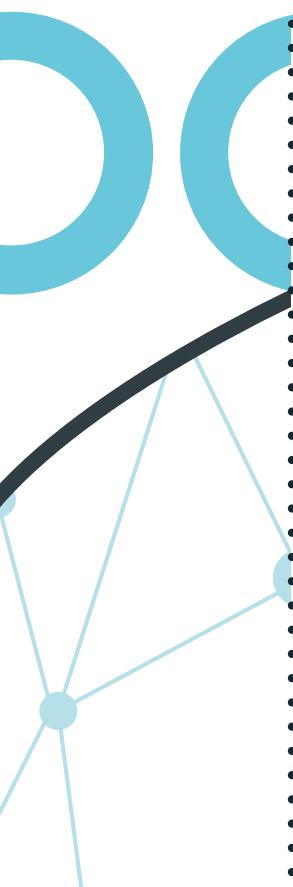


# GOAL SETTING OVERCOMING AN “ALL OR NOTHING” MINDSET



A drive for high performance can be beneficial when it motivates us to achieve our goals, and it is positive when we derive pleasure from this achievement. However, there is a risk that setting unrealistic goals can get in the way of our successes.

Set yourself up for success with the following strategies:

## MAKE A PLAN

Set an achievable goal and write it down. Break your overall goal down into a weekly, manageable action plan.

## BE MINDFUL

Practice mindfulness when you find yourself in the “all or nothing” mode. Focus on how you feel in the moment while working towards your goal.



## PRACTICE POSITIVE SELF-TALK

We tend to be our own harshest critic. Remember that setbacks happen. Address negative thoughts by focusing on the progress you’ve made towards your goal.

Apply these strategies when setting the following healthy eating and exercise goals.

### Sources:

- <https://study.com/academy/lesson/adaptive-vs-maladaptive-perfectionism.html>
- <https://www.sciencedirect.com/journal/appetite/vol/58/issue/3>
- <https://www.ncbi.nlm.nih.gov/pubmed/17382290>

# GOAL SETTING EASE BACK INTO FITNESS



January is a great time to return to your fitness routine, but unrealistic resolutions can lead us to take on too much, too soon. Ease back into your workouts, establish the habit, and build your way up.

## AIM FOR CONSISTENCY

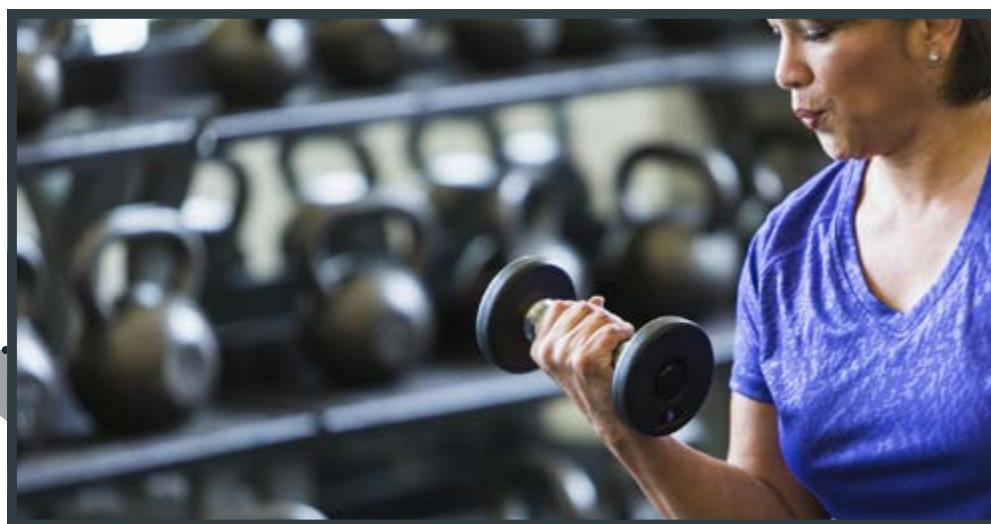
- Aim for 2-3 workouts per week for the first month.
- Establish a consistent routine by scheduling it into your calendar.
- Meet up with a workout buddy for accountability.

## BUILD UP SLOWLY

- Perform exercises at a low to moderate intensity.
- Focus on technique first, increase the weight or intensity later.
- A little muscle soreness can be expected—schedule a recovery day between workouts.

## TRACK PROGRESS

- Record your time, distance, pace, sets, reps and weight lifted.
- Measure success based on improvement.
- Remember that progress is more than a number on the scale.



Sources:

<https://medium.com/thrive-global/how-to-make-your-fitness-goals-last-past-january-b05ad67dd2e8>

# GOAL SETTING

## DITCH THE DIET MENTALITY



Set a resolution to follow mindful eating and movement practices, without measuring your progress in pounds. Resolve to enjoy your food experiences, eat mindfully and honour what your body needs.

### **MAKE PEACE WITH FOOD**

Avoiding particular foods can lead to feelings of deprivation, cravings, and guilt. Instead of an “off limits” approach to nutrition, apply a “can do” strategy. Set a goal to include servings of veggies and fruit at each meal.

### **BREAK AWAY FROM “GOOD” OR “BAD”**

Remember that you don’t have to eat a perfect diet to be healthy. It’s what you eat consistently over time that matters; progress not perfection is what counts.

### **TAKE SMALL STEPS**

Aim for small changes you can make over time. Start with one meal time or habit that you’d like to improve upon. Too many dietary changes at a time can be overwhelming and stressful. Small changes yield big results.



#### Sources:

<https://www.intuitiveeating.org/10-principles-of-intuitive-eating/>  
<http://www.eatingwell.com/article/290666/4-ways-to-ditch-the-diet-mentality-and-be-healthier/>