

# SILVERSPORT

## Set your goals in 3 easy steps.



This booklet will guide you through how to set your goals to get active and build good habits.

**Any physical activity is better than none and it is never too late to get more active to improve your health and wellbeing.**

## **Why do I want to get active?**

(Tick what appeals to you)

- I want to feel healthier.
  - I want to feel stronger.
  - I want to feel better physically and/or mentally.
  - I want to boost my energy.
  - I want to sleep better.
  - I want to meet people with similar interests to me.
  - I want to challenge myself to improve my fitness.
  - I want to be able to move more easily.
  - I want \_\_\_\_\_
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## **How do I get started?**

**1**

### **Visualise your activity goal**

- What is something you enjoy, is achievable and meaningful to you?
- Think of your goal - what do you see, feel, hear and smell around you?

My goal is: \_\_\_\_\_

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## 2

## Create a plan

- What are the small steps you can take to achieve your goal?

	Example	My steps
1	What activity will I do? <i>Swimming</i>	
2	When will I do this activity? <i>Every Tuesday</i>	
3	How far / how long will I do this activity for? <i>20 minutes or 6 laps</i>	
4	How I will remind myself to complete my activity? <i>Pack my swim bag every Monday night</i>	
5	Who will be my activity partner to support me to keep going? <i>Ask Jane to meet me at the pool each week</i>	
6	My first reward will be? <i>New goggles</i>	

# 3

## Build good habits

Life is going to get in the way along your journey. That's why lots of people find it useful to try to prepare for the unexpected. Think about what may have been in your way in the past and how you could have overcome this?



### What's my back-up plan if I can't do my activity on my planned day or time?

Example: **If** I need to babysit the grandkids, **then** we can go for a walk to the park.

**If** \_\_\_\_\_

**Then** \_\_\_\_\_

\_\_\_\_\_

**If** \_\_\_\_\_

**Then** \_\_\_\_\_

\_\_\_\_\_

