



# Top tips for setting your goals



## 1 Think about what you can do right now, with the minimum of fuss.

What are you doing already? Do you go to the local park with your kids? Could you walk to get your daily paper?

## 2 What small – but important – changes can you make right away?

Why not take the stairs instead of the lift?

## 3 Be sensible. If you're not very active right now, don't set yourself a goal of running a marathon next month. Why not give yourself a target of getting off the bus one stop early and walking the rest of the way home two days a week? Once you've reached that goal, you can think about the next one.



## Short-term goals:

Maybe you want to use the stairs instead of the lift. Or maybe you'll wash the car yourself and not go to the car wash. Whatever your short-term goals are, write them down.



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## Long-term goals:

Found a BHF event you want to do? Want to learn how to swim? Longer term goals like these give you something to aim for. What do you want to achieve?

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## Give yourself a pat on the back

How are you going to reward yourself when you achieve your goals? What can you give yourself or what treat can you enjoy that won't undo all your hard work? Write it down and look forward to it.

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