

Worksheet 5: Setting goals

Abraham Lincoln's Big *Idea.*

The shape or size of your body is not something you actually have direct control over. You can set a goal for a change in weight, but you can only accomplish this change indirectly.

What is your goal?

What do I want to change?

Why do you want this change?

Some examples of body actions you can directly control:

- moving arms or legs
- blinking or eye movements
- talking
- breathing
- eating
- lying down/standing up
- wearing clothes
- personal hygiene

Some examples of body actions you can NOT directly control:

- being awake or asleep
- feeling happy or sad
- body temperature
- feeling hungry or full
- dental health
- gaining or losing weight
- being healthy or sick
- cardiovascular fitness

The shape or size of your body is not something you actually have direct control over. Remember, while you can set a goal for a change in weight, you can only accomplish this change indirectly.

Your goals for weight change should therefore be written in terms of the things **you CAN control**, such as the movements of your arms and legs to exercise, or deciding what food and drink you consume.

New goal

What things, that I can directly control, do I want to change?

