



## The key to success

### Auditing your goals!

People often think that the barrier to health is a lack of information. This is incorrect. We don't have an information problem – we're just one Google click away from anything we need – we have an implementation problem.

Most people know the basic principals of a healthy lifestyle. Eat less fat; avoid sugary foods; eat 2 fruits and 5 vegetables daily; do 30 minutes of exercise per day.

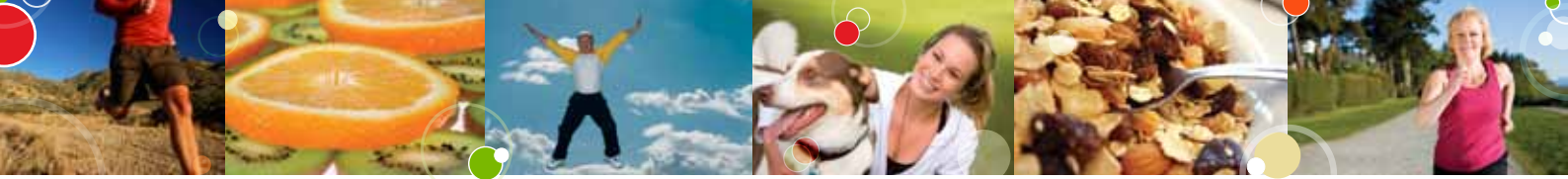
The challenge comes from trying to stick to this consistently, 92% of all goals set in society are never achieved.

While it great to set SMART goals, the key to changing behaviour is to audit your goals.

There are 9 universal drivers of behaviour. Audit your goals and ensure that they tick as many boxes as possible.

Principle	Why this is important	Does your goal tick this principle
Monitor & Reflect on your Progress	Most people are results driven. One sure way to keep motivation high is to see that our efforts are leading to an improvement. Therefore it is essential that we monitor improvements. Unfortunately most people just use body weight for this. Get more adventurous! See how far you can walk/run in 5 minutes; do a push up test; see how many squats you can do; count how many flights of stairs you can walk before you start to puff. One client in particular measured how far he rode his bike each day, once a week he would plot on a big map of Australia how far he had rode and his goal was to "ride around Australia."	
Be Part of a Community	People have a common driver, that is, the desire to be part of a community. Joining a group of people that have a similar health goal can really help you. A sporting team, a triathlon club, walking group, or dance class will really improve your healthy lifestyle experience. Even a small group of likeminded friends can be your community.	
Find a Strong Emotional Driver	We are driven by emotions, not logic. If we were driven by logic no one would smoke, we would all be fit and nobody would even look at junk food! So we are in fact at the mercy of our emotions, which is what causes us to reach for the chocolate cake and the cigarettes. Having a very strong emotional driver as to why you should follow a healthy lifestyle really helps. It could be to see your grandchildren grow up; to remain independent in your old age; or to look good on the beach this summer.	
It's fun!	The more positive emotions you have associated with your healthy lifestyle the more likely you are to stick to it. If you dread your exercise and hate the food you eat you will never stick to it! Whatever you choose to do you must like it and enjoy it.	

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Peer Group Influence	If you surround yourself with people who think chicken nuggets are a food group and a barbell is what signals the start of happy hour, you have a slim chance of maintaining a healthy lifestyle. Look for people who have similar health goals to you or try and get your friends involved.	
Tension from your Environment	Children tend to stick to new hobbies or new activities because they have a lot of people keeping them accountable (friends, parents, teachers, coaches). Can you set up an environment to keep you accountable? Arrange to meet someone to exercise or take turns with a co-worker to bring a healthy lunch.	
Create a Realistic Plan	Don't bite off more than you can chew. How do you eat an elephant? One piece at a time! We often have the tendency to try and change everything overnight. The key to sustained change is choosing one area to work on, making that a habit and then moving on to the next area.	
Achieve a Milestone	Being able to tick off goals and milestones also keeps you engaged. Set yourself realistic milestones and celebrate when you achieve them. For example, being able to run for 20 minutes without stopping, walk the City to Surf or do 20 push-ups.	
Reflect Your Self-Image	<p>We all have a self-image. This is the opinion we have of ourselves – what we think we can and can't do. Our self-image is something that all our actions are filtered through. For example – I don't go and introduce myself to people at parties because I am an introvert.</p> <p>We rarely do things that don't fit into our self-image, therefore it affects our capacity to alter our lifestyle. eg. I can't do that because I am not an exercise type of person.</p> <p>Two things here:</p> <ol style="list-style-type: none"> <li>1. Pick things that are not too far outside your self-image – eg. if you haven't exercised for 10 years don't join a triathlon club.</li> <li>2. Gently start to challenge and push your self-image.</li> </ol>	
Grand Total		

3 ticks or Less – Mmm some work to do here, alter your goal to look at getting more ticks to increase your chance of success.

Between 4 & 6 ticks – This is a good goal with a great likelihood of success. However think about how you could still make the goal better.

7 to 9 ticks – Fantastic goal no more to do here except get into it.