

BRIDGES | BEHAVIOUR BASED GOAL SETTING

Practice one new **manageable** habit at a time until it feels natural

WHY use this method?

- Realistic
- Choose the path that suits you
- An emphasis on action, not expectation
- A positive mindset and identity

Break outcome goals into behaviour options (see table*)

#1 Make it specific

Vague -----> Specific

E.g. "Eat better" becomes "Eat one vegetable at every meal"

Rewind a typical day

#2 Focus on small changes first

Possible -----> Probable

E.g. "I'm going to workout everyday becomes "I'm going to train twice a week"

Identify what's working

#3 Hit the right frequency

Too much --> Just right <-- Not enough

E.g. "I'm going to aim for 8000 steps every day"

Determine areas of opportunity

#4 Create rituals

Random -----> Routine

E.g. "When I wake up I'm going to drink a glass of water"

Generate ideas for change

#5 Track what happens

No idea -----> Knowledge

E.g. "I'll mark on my calendar every time I go to the gym"

Expand the list of possibilities

#6 Evaluate

No idea -----> Reflection

E.g. "Last week went well as I focused on showing up even if I didn't feel like it"

Select one of these behaviours to target

Outcome based goal	Behaviour based goal 1	Behaviour based goal 2	Behaviour based goal 3	Behaviour based goal 4	Behaviour based goal 5
Lose X pounds	Don't snack after dinner	Exercise three times per week	Increase daily step count by 2000 steps	Add a serving of vegetables to each meal	Sleep for an extra 30 minutes each night
Eat healthier	Eat 5 servings of vegetables each day	Decrease mindless snacking	Eat 3 servings of fruit each day	Reduce drinks which contain calories	Removed processed foods from one meal
Exercise more	Schedule exercise into a planner	Take a 15-minute walk daily	Schedule workouts with friends for accountability	Set a goal with your coach of a number of sessions to complete each week	Set reminders on your phone before workouts
Be more active	Go for a 10-minute walk after a meal	Use a bathroom on a different floor	Set an alarm to remind you to get up every hour	Stand and walk during adverts if watching TV	Do 10 bodyweight squats every time you wash your hands
Decrease back pain	Set an alarm to walk and stretch every hour for 3 minutes	Foam roll each morning for 5 minutes	Practice proper breathing techniques twice a day	Do extra glute and core exercise each workout	Use proper technique when lifting things
Get more sleep	Go to bed 15 minutes earlier	Turn off all screens an hour before bedtime	Cut out caffeine after 2pm every day	Eliminate all light-emitting devices in your bedroom	Keep phone out of your bedroom and don't look at it in the middle of the night