

# Five Phase Road Map ACTIONS

How Will  
I Start &  
Accomplish  
My Goals





# 3 Action

## HOW WILL I START AND ACCOMPLISH MY GOALS

*Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.*

- Tom Landry

Setting goals is a great way to plan, feel motivated, and have an end goal to measure against.

The specific goals you created in Phase 2 are also SMART goals:

**S**pecific

**M**easurable

**A**ttainable

**R**elevant—will fast track your health

**T**imely—you have a goal date

You're all set to take action and you have a clear road map!

# Taking Action

Erick McAdams said, “If you keep good food in your fridge, you will eat good food.”

That’s an action step that makes it easy to accomplish your goal.

We learned earlier that motivation doesn’t translate into taking action, but we should note that motivation wasn’t from within.

The pamphlet about the benefits of exercise was an outside source trying to convey motivation.

**To find motivation within yourself that will actually help you move closer to action, ask yourself the following questions, both for each action step and for your big goal:**

1. What’s the main reason for completing this action step?

2. How will I feel when I succeed at this step?

3. How will completing this step improve my health and life?

# Identify Obstacles

A good coach will have a game plan. That coach will probably also study the other teams to identify how they'll run plays and defense, or how they'll "attack".

A business plan, too, will try to look ahead and anticipate any problems.

You can increase your success by doing the same, and assessing what roadblocks might stand in your way.

**The real purpose is to plan how you'll deal with these issues.**

It's very common to "not have enough time" to work on goals.

We're creating a schedule to help with that, but you can also consider how to make more time.

What can you cut? Can you get up earlier?

Do you have any activities that waste time, don't accomplish much, or that you don't enjoy?

Look at time spent online, watching TV, playing video games, and other sedentary activities.

Assess your schedule too. Maybe you can use your lunch at work to get in more exercise.

Also, do you have time in your schedule that could be better spent? Let's say that after work you drive across town to pick up your child or do something else.

Is there a way to rearrange your schedule or get help so that you can make more time?

We all have different obstacles to working on our goals, and they might not be time issues at all.

What obstacles might slow you down, or have gotten in your way in the past?



# Plan B

People have a tendency to feel like they failed if they miss a day or mess up on their goals.

Imagine for a minute that you're driving to Disney Land and get a flat tire.

Would you call a toll truck and have it take you and your family home, giving up on your vacation?

Or would you put your spare tire on and continue your journey, even if you arrived a few hours or even a day late?

It would be silly to give up over a minor setback.

That same is true for any goal, and you can fast track your success even more by having a backup plan or Plan B.

You might think of it as a "If this happens, then \_\_\_\_\_."

For example: If I don't make my gym appointments during the week, I'll

get up at 7 a.m. on Saturday and go jogging.

If I end up eating junk food or going over on fat, calories, or sugar intake during the week, I'll add an hour of exercise on Saturday.

This kind of backup plan allows for expected interruptions.

Having a Plan B enables you to plan ahead and correct when you get a little off track.

That way, when you do go off course, you're not failing or messing up. You simply need to correct course and **keep going**.

Even if you slip up for 3, 5, or 7 days in a row, don't give up. Get the next morning and follow your Road Map schedule.

Look at the obstacles you listed. Now list some "Plan B" actions that can help you get back on track.

## Obstacle/issues, and ways to keep going:

After creating your schedule (which we'll do next) you might identify more issues and make plans for dealing with them.

## Creating a Schedule to Ensure Action

The key to accomplishing your health goals is to take the action steps from your Big Goals and turn them into a schedule.

Helen's big goal is to lose weight by cutting sugar and eating healthier.

Her biggest action step is cutting out sugary drinks, which she anticipates will be difficult because she drinks sweet coffee in the morning, and then soft drinks in the afternoon, followed by wine at night.

So she creates a schedule for her drinks like this:

### DAY 1 THROUGH 7 SCHEDULE

**Day 1** Eat one teaspoon of honey (or mix it in hot water for tea) instead of 1 soft drink in the afternoon.

\*Get rid of any drinks with high fructose corn syrup. Natural sugar only.

**Day 2** Switch 2 sweet drinks in afternoon for honey or honey-sweetened tea.

**Day 3** Switch all 3 afternoon drinks for healthier fluids from now on.

**Day 4** Start drinking coffee with only cream from now on.

**Day 5** Continue drinks as above. Drink a small glass of water with meals. (May help cut drinking coffee/sweetened tea)

**Day 6** Replace sweet wine with small glass of red wine, or unsweetened sparkling water with a few berries.

**Day 7** Continue healthier drinks. This is the last day for using full teaspoons of honey. Week two: cut to half a teaspoon or a few berries.



Helen's other actions step is to begin walking and increase it every day.

She creates another weekly schedule that starts with a 5 minute walk and builds from there.

She also incorporates a daily reward if she does her action steps, along with a weekly one. We'll talk about rewards in Phase 5.

Helen uses non-food rewards, so every day that she meets her action steps, she puts \$5 into a reward jar.

At the end of the week, if she meets her goals all seven days, she adds another \$10.

She plans to spend her reward money at her favorite plant nursery and add more flowers to her yard.

Each person will want to find rewards that they truly enjoy.

**First, let's fill out your goal sheet for each Big Goal.**

You'll find a blank sheet for 3 Big Goals on the following pages, where you'll write the information you've been creating: Your goal, what you're doing already, your positive action steps, and a schedule for the week.

After you fill these out, you'll create a Checklist that will help you track each day.

# Goal Sheets

## Big Goal #1:

What you're currently doing toward this goal: (and is it helping/working?)

## Positive Action Steps

"I will replace soft drinks with carbonated water."

"During the next week, I will partake in at least 20 minutes of vigorous exercise on \_\_\_\_ (day) at \_\_\_\_\_ (time of day) and/in \_\_\_\_\_ place."

**1.**

**2.**

**3.**



## Day 1 through 7 Schedule

1.

2.

3.

4.

5.

6.

7.

**Big Goal #2:**

What you're currently doing toward this goal: (and is it helping/working?)

## Positive Action Steps

"I will replace soft drinks with carbonated water."

"During the next week, I will partake in at least 20 minutes of vigorous exercise on \_\_\_\_ (day) at \_\_\_\_\_ (time of day) and/in \_\_\_\_\_ place."

**1.**

**2.**

**3.**

## Day 1 through 7 Schedule

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

## Big Goal #3:

What you're currently doing toward this goal: (and is it helping/working?)

## Positive Action Steps

"I will replace soft drinks with carbonated water."

"During the next week, I will partake in at least 20 minutes of vigorous exercise on \_\_\_\_ (day) at \_\_\_\_\_ (time of day) and/in \_\_\_\_\_ place."

**1.**

**2.**

**3.**



## Day 1 through 7 Schedule

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

# Daily Action Step Checklist

Now you have a clear plan with small daily steps to fast track your health changes.

Making many small steps really adds up, especially when you start easy and build.

That's why your steps should be doable. You may even think they look too easy, but if you start small on Day 1 and grow, you'll be amazed at where you're at just one week later.

When you have a Goal Sheet for each goal, take your daily action steps and make a daily checklist that combines your action steps.

One example might be:

Day 1 - 10,000 steps, write in food diary, no added sugar today, 1 plant based meal.

## Your Checklist

**DAY 1:**

**DAY 2:**

**DAY 3:**

**DAY 4:**

**DAY 5:**

**DAY 6:**

**DAY 7:**

If you use a daily planner or wall calendar, you might want to transfer these daily checklists there.



## Barriers and How to Beat Them

*Exercise itself, which tends to be highly repetitive when engaged in regularly, is a major driver of neuroplastic changes in the brain, which is why physical exercise is one of the most important factors in restoring and maintaining mental as well as physical health across the life span, starting from the moment one begins such a program.*

- Bob Stahl, A Mindfulness-Based Stress Reduction Workbook

Life can really get in the way with new goals!

Sometimes you just work around that. Other times, it's our own excuses, worries, or concerns stopping us from starting a new fitness habit.

Here's tips for overcoming some of the most common barriers to a healthier lifestyle.

### **You don't have enough time to exercise**

Do you have any activities or time blocks that can be turned into exercise?

A meeting for business or with a friend could be a walk.

Your Saturday afternoon movie could become a bike ride, or your weekly dinner with friends could be turned into something more active with them.

Look for short breaks all through your day where you could add more activity.

Get up 15 minutes earlier so you can squeeze in a 10 minute walk before going to work.

Park further away in lots and at work for more walking.

## **You don't feel like exercising; it's boring; it's a drag to go to the gym**

Find some kind of activity you do enjoy. Join a hula dancing class! Try cycling, row boating, weight lifting, basketball, or swimming.

Vary your exercise and activity.

Ask your friends and people you know to see what's available, and if you can join them in something. That can make it more fun for you and keep you motivated.

## **I'm just too tired to do anything after work**

Remember that exercising will help you get some energy back.

Exercise in the morning, maybe on a stationary bike while watching the news or reading the paper.

Some employers will let you shift your schedule to come in

an hour later and stay an hour longer so you have more time in the morning.

Use your lunch time.

Keep tennis shoes and exercise clothes in your vehicle in case you get a chance to exercise.

If nothing else, plan exercise for the weekend. Maybe have an activity day Saturday.

## **You're self-conscious**

Many people are! So don't think you're the only one thinking that way in your new class.

Find a walking partner.

Get videos or use YouTube to exercise in the privacy of your own home.

Take the exercises you already know and workout in your backyard.

Hang a punching bag in your garage, or get other equipment for home such as a treadmill or exercise bike.



Focus on how you'll feel, reward yourself, and try to step out to join group activities when you do feel more comfortable.

## **You're concerned about your budget**

Exercise without new equipment or a membership fee. You can walk, jog, and do exercises at home or with a friend.

Use what you have for now, like a bike, or see if you can borrow equipment from others.

Check out thrift stores—there's a surprising amount of very low cost sports and exercise equipment.

Try farmer's markets and produce stands for healthy food that's cheaper.

Many grocery stores have more organic options these days that aren't as expensive.

## **You're worried about injuries**

If you have any known issues, adjust for them. It's okay to refrain from an exercise in a class if you know it'll irritate your knees, wrists, back, or something else.

Work with a coach.

Start easy, using low impact exercises. Swimming can be great to get you moving without impact injuries.

If something hurts, your body is telling you to take it easy on that spot.

**The people around you don't support your desire to get healthier.**

Look for a group on Facebook or other site.

Join a gym with professional help available.

Reach out to co-workers.

Plan alternatives and options for meals so you can eat healthier even if your family members don't want to.





## Tips to Succeed

Writing out goals is proven to help people succeed, so it's important to fill out this workbook.

Sharing goals, too, is a huge success boost. Maybe your partner or a friend will work on fast tracking health goals with you. Then you can encourage each other as you watch your health improve.

Take your sheets and post them where you can see them throughout the day.

Check your Daily Schedule and Checklist morning and night, tracking how you do.

And remember, you're not tracking so you can grade yourself.

You're simply measuring results so you can adjust if needed, and then reward yourself for your success.

With daily action steps, it's easier to continually work toward your Big Goal.

And if you miss a few steps, you can keep going, and you'll still see results.

If you find yourself struggling, consider staying on a day and doing those action steps until you feel confident in moving forward.

For example, if you're struggling with fitness goals, your body might need to stay at that level of reps or time exercising for a few days or up to a week.



It's still progress, and you'll still see the benefits. Then you'll be stronger and can move onto the next day's action steps and build from there.

Action steps get you to your goal. The important thing is to keep going because it'll add up.

After a month, if you accomplish your action steps only 75% of the time, you'll see a huge difference.

So just keep working on them until you are at 100%.

This method fast tracks your changes, keeps you motivated, and gives measurable, real results.

You're all set to start your first week of fast tracking your health success!

And to help motivate you along the way, let's take a look at celebrating your milestones.