

Aye Can have SMART GOALS Get a clear picture of what you want

	An example	Your version
<p>Specific What exactly do you want? Be clear about what you want. The more detail the better. State this as positive, in the present tense as if it is already happening.</p>	<p>I weigh 10 stone and fit size 12 clothing comfortably I fit into jeans that I used to wear 5 years ago. ✓ POSITIVE ✓ HAPPENING NOW</p>	
<p>Measurable</p> <ul style="list-style-type: none"> • What will you see, hear, feel etc. when you have reached your specific goal? • What will this get for you or allow you to do? • Is it only for you? Or are you trying to meet someone else's needs? 	<p>I am 10stone and fit size 12 clothing and can wear my old jeans comfortably I hear people complimenting me and congratulating me. I look in the mirror and I am pleased with what I see. I feel lighter and enjoy the shape of my body.</p> <p>Reaching my goal means I feel better, look better and can move about without feeling out of breath.</p> <p>I'm doing this for me and also to set a better example for my kids. I want them to have a better role to follow than the one I had.</p>	
<p>Actionable Realistic and Timeframed When and how do you want to do this? What do you have now and what do you need to get to reach this outcome?</p>	<p>I will have done this by 10 weeks from today. I am using the Aye Can programme and doing all the actions I am asked to do. I have support of my friends and need my partner to support me too.</p>	
<p>My next steps are:</p>	<p>To pay attention to when I am hungry. To get a piggy bank going and reward myself each time I complete a task</p>	

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Check out it will really work for you

Every change we make has advantages and disadvantages. Sometimes we are really afraid of changes and there are some benefits to staying in our current situation.

- **Check out what changes will get for you**
- **Check out what may stop changes happening**
- **Check out what is important about doing this**

Be honest with yourself!

What are the advantages of making these changes now?	What are the disadvantages of making these changes now?
What will you lose if you achieve these changes now?	What will you gain if you make these changes?
What is important about making these changes now?	What will you not feel any more when you makes the changes?

Ayecan Change

Small changes for better health