

Establishing your Transplant Wellness Behaviour Change – Setting your Intentions and Establishing Your Goal(s)

Starting to build your Transplant Wellness Program behaviour change support requires you to consider what *you want...where do you want to make wellness changes...consider starting the exercise intervention and what supports you need...*this starts with establishing your **intentions** and **setting your goals**.

Establish your intention – what are you wanting to change?

Establish your goals – how will you build your change?

Build your SMAR²T² goals and learn the difference between process and outcome goals.

Different strategies for attaining goals will be discussed.

What is your *intention* for your wellness?

Your intention is what you ‘plan to do’. For your wellness, consider what you want to change, why you want to change, and what will be different (or the same) for you if you make this change.

For your movement behaviour change – your physical activity or exercise – write down your intention for engaging in this behaviour change:

What I intend to change with regards to my movement (physical activity, exercise):

Why I want to make this change:

Benefits of the change:

What happens if I don’t make this change:

SETTING GOALS TO MAKE A CHANGE

“Start where you are. Use what you have. Do what you can.”

– Arthur Ashe

Goal setting is an excellent first step for motivating yourself to be physically active. Identifying your goals are the first steps to committing yourself to your movement plan and your exercise behavior change.

A goal should provide guidance, direction, and help track your progress. Goals such as ‘to gain or lose weight’, ‘eat better’, or ‘have less stress’ are often too vague and unspecific to help much in making change. Use the SMAR²T² goal setting criteria to help put more detail into your goal.

SMAR²T² Goals are:

Specific: What exactly do you want to accomplish? What specific activity behaviour (walking, stretching), and then the specifics of the how, when, where need to be outlined.

Measurable: Are you able to assess your progress?

Attainable: Is your goal within your reach given your current situation?

Relevant and Realistic: Is your goal important to you and tied to your motivations? Are you both willing and able to work towards your goal?

Timely and Together: What is the deadline for completing your goal? Who is supporting you to be active?

Here’s an example of a SMAR²T² goal: *“For the next 8 weeks, I will commit to walking for 20 minutes after dinner with my partner.”*

Consider these points when developing your SMAR²T² goals:

Set both long-term and short-term goals: Set a long-term goal you want to achieve by the end of the 12-week exercise program and then set short-term goals (daily and/or weekly). These shorter goals will keep you motivated, accountable, and on track to reach your long-term goal.

Challenge yourself: Make your goals ambitious enough that you are proud of the accomplishment when you meet your goals.

Outcome vs. Process Goals: Outcome goals are results that you want to achieve. Process goals are developed to help get you there – the small steps used to achieve a

longer term outcome goal. For example: “I want to increase my grip strength by 2kg at the end of this 12-week program (outcome goal), and I will do this by coming to both exercise classes each week (process goal).” With this “focus on the process”, you will be more likely to look forward to the participation. Goals that embrace the process towards the outcome may be more motivational.

Re-evaluate your goals regularly: Goals need to be adjusted when they’ve been attained – or when you are not achieving them. In order to stay motivated, set challenging yet realistic goals that you can reach. Find that balance by regularly re-evaluating the goals you have set – daily and weekly.

MAKING YOUR GOALS WORK FOR YOU: THE RIGHT MOTIVATION

To be successful in attaining your goals, you must first find the *motivation to get started* and persist until your goals are reached, even in the face of barriers. Motivation is part of your mindset, and *talking yourself into it, versus out of it*. Sometimes our biggest hurdle can just be “getting going” - getting out of your chair or bed and putting on your running shoes to go for a walk. To help with this process, figure out what motivates you to engage in your regular movement and physical activity, and remind yourself about this whenever you are wavering! *Some additional tips include:*

Do start with small steps. Motivate yourself from the chair, to the shoes, and to the exercise (starting to exercise is often the most difficult part!).

Do focus on enjoying the experience—the people, the movements, the environments, and the feelings. It’s truly about more than ‘just the exercise’.

Do reward yourself for a job well-done. It may be as simple as occasionally enjoying a decadent dessert or taking a day off to rest and recover.

Do surround yourself with people that are supportive of your exercise program and may be willing to exercise with you.

Do visualize success, creating an image of what this looks like in your mind. It can be a powerful tool for getting through the rough times and building motivation, self-confidence, and commitment. Take a quiet moment to close your eyes and see yourself engaged in positive health habits (such as walking and enjoying the weather). Picture yourself reaching your goals and enjoying the rewards of moving more.

Do monitor your progress. When you first start making changes, you may progress rapidly. Sometimes a “plateau” in benefits is then experienced. Use an exercise log and your TWP clinical team for support/feedback, to chart your progress and identify plateau areas so that you can make adjustments.

Do work at a comfortable pace. Enjoy simply being active.

Do remind yourself of the benefits of being active Instead of saying "I should exercise," say "It would be better for me if I went for a walk today because I could use some fresh air".

GOAL-SETTING WORKSHEET

Use this page to write down a few goals and refer to them occasionally to remind you why you're working so hard. Don't forget to make them **Specific, Measurable, Attainable, Realistic, Relevant, Timely, and Together**.

Goal #1:

Benefits of the Change:

Action Steps:

1.

2.

3.

Goal #2:

Benefits of the Change:

Action Steps:

1.

2.

3.

Goal #3:

Benefits of the Change:

Action Steps:

1.

2.

3.

Key Point!

Remember to evaluate your goals on a regular basis. Did you meet your goal? If you did, reward yourself and create a new goal. If you didn't meet your goal, don't worry, it happens to all of us...Re-adjust by asking "What happened – was there a barrier that needs to be addressed? How can you adapt to meet your goal?"



