



January 5, 2011 – Grand Rapids, MI

## Goal Setting

Last week I sent you my list of the top five health goals for 2011. I've spent the past two days working on setting my goals for 2011, and I have to tell you, it's not easy. Sure, you can write anything down on a slip of paper or in your planner—losing X pounds to reach a BMI of 24.0, or lowering blood pressure to 110/70. But you and I have done that before and haven't always achieved our goals whether health, financial, or whatever. Where did we go wrong?

I think there are three essential things that we miss.

First, the goal might not be realistic. One pound per week isn't exciting, but that's very reasonable and safe unless you have two or more hours per day to exercise and a personal chef who's going to fix all your meals.

Second, we don't complete a plan to make the changes necessary to accomplish the goal; we don't really think through how we're going to get it done. It's a tough process, believe me. We're trying to predict what we can do when we may never have done it before. Whatever it is, it has to fit within your life. Sure, you're going to have to change habits, but what are you going to give up besides food if your goal is weight loss? TV time? Nights out with your friends? Then will you have the time and knowledge to choose healthy foods and prepare them if you've never done it before?

Finally, we let life get in the way, and new problems keep us from completing what we planned. You'll read about one person and what she did to get around all the obstacles life threw in her way in this week's 30 Pound Club message. But life will get in the way again in 2011—and that's where we overcome or fold. Be ready for obstacles: whenever possible, have a fallback plan: a healthy meal in the freezer or a workout you can do anywhere.

You always have to return your focus to your goals by reviewing them every day. Then it's just a matter of answering one question:

What are you prepared to do today?

*Dr. Chet*

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