



Goal Setting

According to Tom Bartow, there are 3 phases to building a habit: honeymoon phase, fight through phase, and second nature phase.

It is clear what the honeymoon phase is: the excitement of a new program, eagerness for change, motivation to make steps to your goal each day
We all do like the honeymoon phase

The true test is the Fight Through Phase

When your enthusiasm wears off, it is frustrating to keep to a program, you have other things that are a priority

This is when you have to re-motivate yourself, revive your desire to change and push through to the other side.

According to Bartow, you will probably go through this 2-3 times before reaching Second Nature.

So get ready, be prepared and kick your motivation into overdrive! Have an accountability buddy, or group
Visualize the benefits of being successful. Print out a picture, write it down, have a visual reminder you see often
Reassess the WHY? Why do you want to change your habit, what is your motivation?

A good way to launch a program and keep it going is to create a SMART goal.

You can do this more than one time during a program! (we actually suggest at least every 4 weeks)
So, I'm sure you've heard about this guide to setting up a goal, if not, here is a short review.

SMART is a mnemonic acronym for specific, measurable, achievable, realistic (or relevant) and timely.

It's the guide to help you develop a goal, in this case a habit change goal, that allows for improved success. The form has more detail on each part and it is a helpful tool when you are ready to set a goal.

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