

## Are you ready?

We all know what we should be doing to achieve a healthy lifestyle but that does not mean we all do enough of these activities to benefit our health such as taking regular physical activity, not smoking, drinking alcohol moderately and eating enough fruit and vegetables.

Achieving a healthier lifestyle does not need to be a hard task we just need to realise our goals and have the motivation to achieve them.

The following quick questions will help you to work out whether you are ready to change your behaviour in order to achieve your goals.

### Goal Setting

Think of a goal or something that you would like to achieve. It could be absolutely anything that's important to you.

Here are some examples;

- 'I would like to lose 1 stone'
- 'I would like to run the 5km Race for Life'
- 'I would like to walk to the shops without stopping'
- 'I would like to play with my grandchildren'
- 'I would like to reduce my blood pressure'
- 'I would like to start dancing'
- 'I would like to restart squash'
- 'I would like to stop smoking'
- 'I would like to stop drinking alcohol'
- 'I would like to eat more fruit and veg'

Next, there are a couple of questions about importance and confidence you need to answer which will help you assess your readiness to change your current behaviour to achieve your goal.

### Importance

On a scale of 0 to 10, how important is it for you to achieve your goal, 0 being not important at all and 10 being extremely important?

0    1    2    3    4    5    6    7    8    9    10

Now ask yourself why you chose that number, why was it not lower or why was it not higher?

What would increase your score?

## Confidence

On a scale of 0 to 10, how confident are you that you can achieve your goal, 0 being not confident at all and 10 being extremely confident?

0    1    2    3    4    5    6    7    8    9    10

Now ask yourself why you chose that number, why was it not lower or why was it not higher?

What would increase your score?

## Importance and Confidence = Readiness What does it mean?

### ***High Importance and Confidence;***

If your importance and confidence scores are above 7 on both scales this indicates that your goal is very important to you and that you are confident you can achieve it.

You are likely to be ready to positively start adapting your behaviour to achieve your goal.

For example, if your goal is to run the 5km Race for Life next year you might find the race you are going to enter, you might start looking at training programmes and making sure you have the right footwear and clothing. You might like to plan when you are going to complete your training e.g. the days and the times and whether anyone wants to join you!

This preparation will increase your chances of success at achieving your goal.

If your goal is related to physical activity have a look at the activity diary which will help you plot your progress.

*Link to activity diary.*

### ***Moderate Importance and Confidence***

If you scored between 4 and 6 on both importance and confidence, your goal is moderately important to you and you are fairly confident you can achieve it but you may have some doubts.

You may be unsure when you can start to make any positive changes to your behaviour in order to achieve your goals and may say things such as

*“I’d like to lose weight but there’s no point starting now as over Christmas I like to enjoy myself. I’ll wait until January.”*

*“I’d love to re-join the local aerobics class but I’m too busy, there’s no way I could fit anything extra into my life.”*

*“I’d like to join my local dance class but I have two children and no-one is available to look after them.”*

*“I really want to lose the weight I’ve put on in the last few years but I’ve tried so many diets and I always end up putting the weight back on once I’ve lost it.”*

*“I’d really like to join the gym but the membership is so expensive, I just can’t afford it.”*

If any of these comments sound familiar, there are a few questions you need to ask yourself which may help to increase the importance of your goal to you and may help to increase your confidence in achieving it.

### **Questions about importance**

- What would increase your score for importance?
- Would your health improve as a result of achieving your goal?
- Would you be able to do more of the things you wanted to do as a result of achieving your goal?
- Would you feel happier and gain a sense of achievement?

### **Questions about confidence**

- What would increase your score for confidence?
- Has anything worked in the past that you could try again?
- If you have previously tried something to achieve your goal and it didn’t quite work, is there anything you could now do differently to make it work?
- Has anyone you know achieved a similar goal and if so, how did they do it?

Hopefully, when you answer these questions it should help you think more about your particular goal and help you to realise that you could achieve your goals. There may be a few things in your lifestyle that you need to change to do this but they are not barriers to achieving your goal, you just need to make the effort and adapt!

For ideas and information about local physical activity opportunities visit the Get Active Activities Directory ([link / direct](#)).

For inspiration and motivation read the real-life stories of our local champions ([link / direct](#)).

### **Low Importance and Confidence**

Scores between 0 and 3 indicate that your goal is not very important to you and that you are not confident that you can achieve your goal.

At this stage you should consider why this is. There are a couple of questions that you can ask yourself to help.

Is the goal 'your own' or is it one that someone else has suggested for you?

- *"You really should do some more physical activity as it will help lower your blood pressure."*
- *"You should give up smoking as you will feel so much better."*

If this is the case, then you might like to ask yourself whether the person who has suggested the goal is in anyway right and whether you could see any merits in these as your goals.

Is the goal you have chosen realistic?

- *"I want to run a marathon but have never been able to run for more than 5 minutes."*
- *"I want to lose a stone in the next 2 weeks before I go on holiday."*

In this instance you could use these goals as the basis but modify them to something more achievable that you would be more confident in achieving. E.g. *"I want to run 5km"* – you can then build on this to 10km, 10miles, a half marathon then a full marathon with timescales for each. *"I want to lose up to 4lbs in the next 2 weeks"* – this is far more realistic, 1-2lbs in body weight is a realistic amount of weight to lose per week.

If you still feel that your goal is not important to you and that you are not confident you can achieve your goal it is worthwhile considering whether now is the right time to commit to the goal. If you decide it's not you could always review how you feel in 3 months time.

### **Mixed Importance and Confidence**

If you scored highly for importance but low for confidence, your goal is very important to you but you are not confident you can achieve it.

Have a think about why your goal is so important and ask yourself what would help increase your confidence.

Would it help if you had someone to achieve your goal with, if you had more information about what you could do and where you can do it?

If your confidence is high and your importance low, you're obviously confident that you can achieve your goal but the goal itself is not very important to you. Again ask yourself why and what would help change it.

## Feel the Benefit

Ultimately is your goal right for you?

For inspiration from similar people have a look at local people's success stories (*link to local champions*).

Contact us for even more information (*link*).