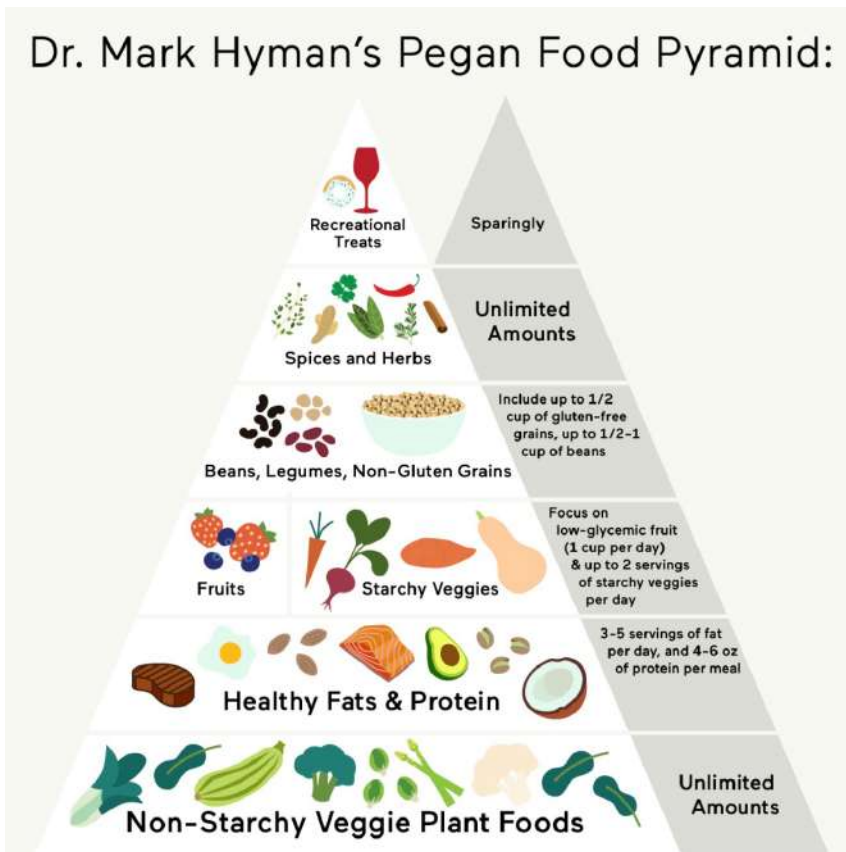


## SUSTAINABLE GOAL SETTING

Dr. Mark Hyman's Pegan Food Pyramid:



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### WELLNESS OBSERVANCES

NATIONAL GLAUCOMA AWARENESS MONTH  
 NATIONAL BLOOD DONOR MONTH  
 1/17-1/23: NATIONAL HEALTHY WEIGHT WEEK  
 JANUARY 18: KING DAY OF SERVICE

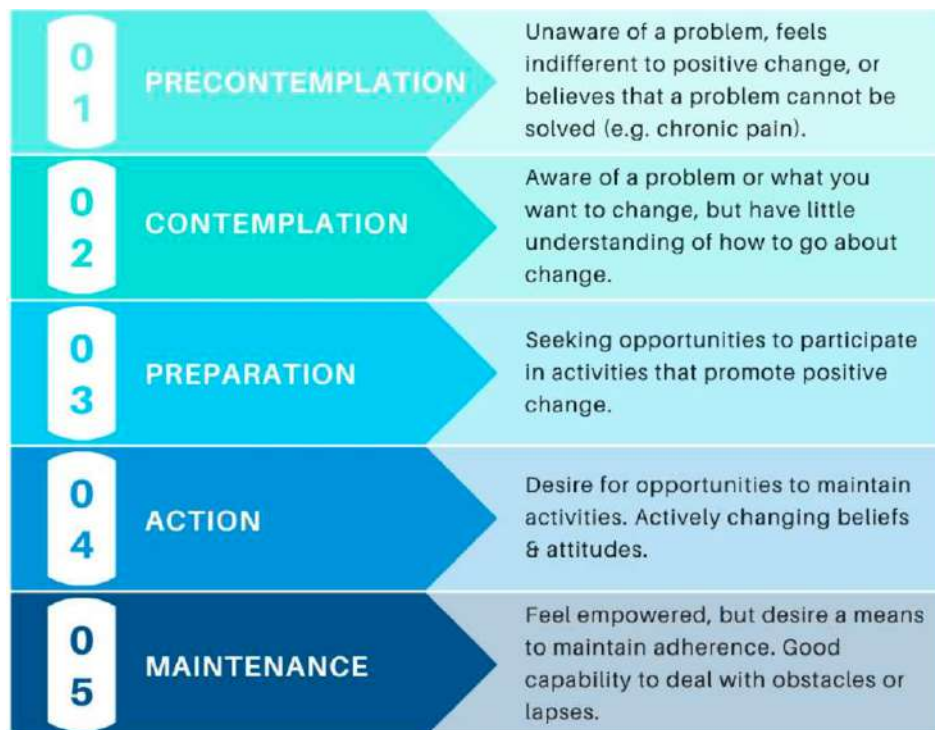
Newsletter Created By:  
 Jordan Simone  
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 ACM JIF Wellness Director

# Are You Ready TO MAKE A CHANGE?

The first step to creating goals, is to identify if you're ready to commit to them and making a positive change. The most important thing to note during this step, is to be honest with yourself. If you're not ready to start setting goals and creating change, then don't sweat it! Everyone is on their own journey, which means that everyone's timeframes look different.

Below is the Stages of Readiness to Change Chart. This chart can give you an idea of where your current mindset is in terms of creating goals. It's also important to note that you can fluctuate between levels of 'readiness' at any point.

## STAGES OF READINESS TO CHANGE



If you find yourself not quite ready to make a commitment to set goals, and you are in the Precontemplation or Contemplation phase, ask yourself these two questions:

- Do my current behavior and lifestyle choices foster and support my health and well-being?
- Do I currently have any health risks or health issues (pain, fatigue, stress, diabetes, etc.) that could be better supported by positive change and better lifestyle choices?

# Keep it Simple

## CHOOSE ONE GOAL

If you are new to setting goals, start by choosing just one to work on. This will ensure that creating a more positive or healthier way of living will be easy and not overwhelming.

### WHICH GOAL WILL YOU CHOOSE?

Maybe you'd like to incorporate more vegetables into your diet, quit smoking, get more sleep, run a race, or simply drink more water throughout the day.

#### 1 MAKE IT SIMPLE:

Nothing is more defeating than creating a lofty goal and not achieving it. Start by creating a simple goal that you know you can attain without too much effort or struggle. You want just enough effort with a balance of ease. Smaller goals direct energy to actions and tasks.

#### 2 MAKE IT MEANINGFUL:

How do your health efforts connect to what you value in life? When choosing a goal, make sure that it has value and meaning in your life. When you come up with an idea for a goal, ask yourself "Why does this matter to me?" The more meaning the goal has to you, the better chances you have of sticking to the work it takes to achieve it.

- Would you like to enhance your physical fitness in order to take your dog for runs?
- Do you need more upper body strength in order to pick up your children or grandchildren?
- Are your stress levels getting in the way of your job performance or personal life?

#### REMEMBER

Successful, long-term behavior change is almost always the result of small achievements accumulated over time.



# Keep it S.M.A.R.T.

Often times goals are created with fairly vague and general wording, such as "I want to lose some weight.." This creates a confusion of how to actually take action to carry out the goal and stick to it. Goals should be defined in more specific terms so that progress can be evaluated.

Effective goals are commonly said to be SMART goals, which means they are:

## SPECIFIC:

Goals must be clear and unambiguous, stating specifically what should be accomplished.

## MEASURABLE:

Goals must be measurable so that you can see whether you are making progress. Examples of measurable goals include performing a given workout two times a week or losing 5 pounds.

## ATTAINABLE:

They should be realistically attainable by you, the individual. The achievement of attaining a goal reinforces commitment to change and encourages you to continue working towards your end result.

## RELEVANT:

Goals must be relevant to your particular interest, needs, and abilities.

## TIME-BOUND:

Goals must contain estimated timelines for completion. You should evaluate regularly to monitor progress toward goals.

## WHY GOALS ARE ESSENTIAL:

They have the power to motivate you during the entire process of change.. They provide clarity that aids you in directing action on a daily basis to make steady progress.

## KEEP IN MIND:

- What are your short-term goals (3-6 months) that will help you achieve a desired long-term outcome?
- What could hinder you from achieving your goals (e.g. work schedule, commute times, child care/activities, etc.)
- What motivates you?
- What things are most important to you?
- How would a healthier lifestyle compliment or support this?
- What kind of support (e.g. family and friends) do you have to help you change your lifestyle?

# Realistic Goals

## REALISTIC OBSTACLES

### IDENTIFY POTENTIAL OBSTACLES:

The pattern of starting to work towards goals and then stopping the effort is familiar to many people. Often, at the start of goal setting, a person will be more focused and motivated because it is the beginning of a new endeavor. But, there might be significant reasons why the person never enjoys real and lasting change. Uncovering these reasons is valuable information when setting realistic goals.

#### INTERNAL OBSTACLES

- Limiting mindset (attitudes, thoughts, feelings, beliefs)
- Sense of loss of control of one's own choices
- Fixed mindset, (e.g., "Exercise does not work for me.")

#### EXTERNAL OBSTACLES

- Time limitations (work, commute, family responsibilities, etc.)
- Boundaries (or lack of) with family and friends
- Lack of feedback or support from others

### DEVELOP SOLUTIONS BEFORE PROBLEMS APPEAR

It's important to develop one's own solutions to common obstacles so one has improved reactions to challenges that are more in line with health goals. Otherwise, when facing an obstacle that has historically thrown one off course from his/her own health goals, the most familiar path will be the one that is taken unless a different response has been planned.

For example:

Someone may have a history of missing a workout or two, and then getting discouraged and engaging in negative self-talk. The powerful negative emotions take control and overshadow their desire to follow through on their efforts. After realizing this, he/she has realized that they will not get in great shape from one or two workouts, and similarly, will not get out of shape from missing one or two workouts. This helps them keep a more long-term perspective on things.



# Mindful Moments

## 3 STEP GOAL SETTING VISUALIZATION

Use this groundbreaking 3 Step Goal Setting Visualisation and Guided Meditation to reach your goals. Follow this guided visualization to mentally see your goals from three separate and distinct perspectives.



# Nourish

## TANGY BRAISED CHICKPEAS & CARROTS

Recipe From: <https://smittenkitchen.com/2020/09/tangy-braised-chickpeas/>



### ingredients

- 4 tablespoons olive oil
- 1 medium onion, thinly sliced
- 4 garlic cloves, very thinly sliced
- 2 large, thick carrots (12 ounces), in 1/4-inch slices
- Kosher salt
- Freshly ground black pepper
- 1/4 teaspoon red pepper flakes
- 6 ounces or 2 large portobello mushrooms, in generous 1/2-inch slices
- 4 tablespoons tomato paste
- 1 1/2 tablespoons dark brown sugar
- 3 to 4 cups mushroom or vegetable stock
- 1/3 cup red wine vinegar or sherry vinegar
- 2 teaspoons Worcestershire or soy sauce
- 2 15-ounce cans chickpeas, drained and rinsed
- 1 bay leaf

### recipe preparation

- Heat oven to 350 degrees. If you have a Dutch oven or braiser that can go from stove to oven, start in this on the stove. If not, start with a wide, deep saute pan and transfer the mixture to a 3-quart (or 9×13-inch) casserole or baking dish for the oven part.
- Heat 4 tablespoons olive oil over medium heat and add onion; cook 3 minutes, until softened. Add garlic and cook 2 minutes more. Add the carrots, 1 teaspoon salt, freshly ground black pepper, and red pepper flakes and cook for 2 more minutes, until they begin to glisten. Add the mushrooms and cook for 4 minutes, until they begin to soften. Add tomato paste and brown sugar and cook until well-incorporated, 3 minutes. Add 3 cups stock, vinegar, Worcestershire or soy sauce, chickpeas, and bay leaf and bring to a simmer with another teaspoon of kosher salt and more ground pepper.
- Once simmering, either cover tightly with a lid or pour into your baking dish and cover with a lid or tightly with foil and transfer to oven. Braise chickpeas and vegetables for 90 minutes, checking at the 1 hour mark to make sure the chickpeas haven't absorbed all of the broth (and adding the remaining 1 cup broth if so). Remove from oven, discard bay leaf, and adjust seasonings to taste.