



## POSITIVE PATTERNS FOR LIFE GOALS CHART

### Instructions for Using the Goals Chart

#### A. The Goals Chart has several important functions.

1. It acts like the hub of your health plan, like the hub of a wheel.
2. It keeps your health goals visible.
3. It keeps your brain actively thinking about making healthy choices. This is really important because CHANGE STARTS IN THE BRAIN!
4. Marking on the Goals Chart makes you accountable for your actions or lack of action.
5. Over time, you will see healthy (and maybe unhealthy) patterns emerge on the Goals Chart.
6. Individuals who monitor new health habits on a Goals Chart are significantly more successful at changing unhealthy habits into healthy ones.

#### B. Setting up the Goals Chart.

1. Write health goals (new health habits) you would like to work on in the blank spaces of your Goals Chart. You should start with 1 to 4 goals. If you are choosing to start with big habit changes, only write 1 or 2 goals to start with. If you decide to start with small habit changes, you can write up to 4 goals on your chart (i.e. like taking a multivitamin every day or going to bed an hour earlier).
2. Decide how many days of the week you will try to accomplish these new health goals. When beginning a new health habit, it is realistic to shoot for 3 to 4 days a week. In three weeks when you flip to the next page on the goals chart, increase the number of days per week you will be accomplishing these goals. Aim to accomplish a goal 6 days of the week.
3. Next, fill in the blank date boxes with days of the current month.
4. That's it. Your Goals Chart is ready for action. Place it where you will frequently see it.

#### C. Use your Goals Chart every day.

1. Monitor daily accomplishments. Each day, usually in the evening, put a positive mark (or a sticker) by each healthy habit that you accomplished that day. This reinforces your new health habit.
2. If you didn't accomplish 1 or more of your goals for that day, leave the space blank for the unaccomplished goal for that day. Take a minute to think about why things didn't work out that day and plan for the next day.
3. Measure weekly success. At the end of each week, count how many days that week you accomplished each health goal. Don't expect perfection right away. Look for improvements in accomplishing goals as the weeks add up.

D. The Goals Chart is set up on a 3-week schedule. It takes your brain and body 3 weeks to start getting comfortable with a new health habit. At the end of each 3-week period, flip to the next page of the Goals Chart. Continue working on your current goals and choose one new goal to add to your current goals. Write your current goals and your new goal on page 2 of the Goals Chart. Every three weeks you can add another healthy habit goal, if you have more health habits you want to work on. After a few months you will have replaced many of your unhealthy habits with healthy habits.

F. You will need to track each new habit on your Goals Chart for 12 weeks. It takes about 12 weeks for a new habit to become an automatic, comfortable habit. Continue to follow health goals on the Goals Chart until they become automatic, comfortable habits for you. By the time you reach the last page of the Goals Chart, you will have adopted a bunch of new healthy habits. HOW EXCITING IS THAT! 😊

**Choose 1 to 4 health habits goals to start your health plan. Write these health habits in the spaces to the right of each number as appropriate. Choose a START DATE and write that in the first DATE block below. Then fill in the rest of the date blocks accordingly.**

DATE	Week 1	Week 2	Week 3
1.			
○			
2.			
○			
3.			
○			
4.			
○			

**STARTING MEASUREMENTS**

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Waist: \_\_\_\_\_

**The moment you commit to change your health habits  
is the moment your destiny is shaped!**

**YEAH! YOU ARE ON YOUR WAY .... TO A HEALTHIER HAPPIER YOU!**  
 Write your current health habits you have been working on below. Choose another health habit to begin working on and write it in the next available space.

DATE		Week 4	Week 5	Week 6
1.				
<input type="radio"/>				
2.				
<input type="radio"/>				
3.				
<input type="radio"/>				
4.				
<input type="radio"/>				
5.				
<input type="radio"/>				
6.				
<input type="radio"/>				
7.				
<input type="radio"/>				
8.				
<input type="radio"/>				

**Habit change is a journey. It is not a race. It is not a competition. It is about one individual doing their best. It is about being committed to a plan. It is about being determined to finish what you started. It is about enjoying each day of the journey and arriving successfully at your destination.**

**GOOD JOB! WAY TO GO! KEEP UP THE GOOD WORK!**  
 Write your current health habits you have been working on below. Choose another health habit to begin working on and write it in the next available space.

DATE		Week 7	Week 8	Week 9
1.	<input type="radio"/>			
2.	<input type="radio"/>			
3.	<input type="radio"/>			
4.	<input type="radio"/>			
5.	<input type="radio"/>			
6.	<input type="radio"/>			
7.	<input type="radio"/>			
8.	<input type="radio"/>			

**POSITIVE AFFIRMATION**

I have an amazing body!

**THE BRAIN IS THE BOSS OF YOUR BODY.**  
 Think positive thoughts about yourself, your body,  
 and your health plan. Your body is listening!

**MEASUREMENTS**

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Waist: \_\_\_\_\_

**BELIEVE IN YOURSELF! BELIEVE IN YOUR ABILITY TO ACCOMPLISH GREAT THINGS!**  
Write your current health habits you have been working on below. Choose another health habit to begin working on and write it in the next available space.

DATE		Week 10					Week 11					Week 12						
1.	<input type="radio"/>																	
2.	<input type="radio"/>																	
3.	<input type="radio"/>																	
4.	<input type="radio"/>																	
5.	<input type="radio"/>																	
6.	<input type="radio"/>																	
7.	<input type="radio"/>																	
8.	<input type="radio"/>																	

<p><b>POSITIVE AFFIRMATION</b></p> <p>I treat my body with respect by eating healthy food.</p>	<p align="center"><b>Be persistent! Never give up! Never give in!</b></p>	<p><b>MEASUREMENTS</b></p> <p>Date: _____</p> <p>Weight: _____</p> <p>Waist: _____</p>
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**IT MAY BE TIME TO STOP MONITORING THE HEALTH HABITS YOU CHOSE THE FIRST WEEK OF YOUR PROGRAM IF .....**

..... these first habits have become automatic habits for you. If they don't feel like automatic habits, keep following them on the Goals Chart. Write your remaining current health habits below and choose another health habit to begin working on.

DATE	Week 13							Week 14							Week 15						
1.	<input type="radio"/>																				
2.	<input type="radio"/>																				
3.	<input type="radio"/>																				
4.	<input type="radio"/>																				
5.	<input type="radio"/>																				
6.	<input type="radio"/>																				
7.	<input type="radio"/>																				
8.	<input type="radio"/>																				

**POSITIVE AFFIRMATION**  
Whole grains help balance my energy.

**THERE IS NO SUCH THING AS FAILURE ...**  
... There are those who get up each time they fall and continue moving forward, and those who choose to quit.

**MEASUREMENTS**  
Date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Waist: \_\_\_\_\_

**IT MAY BE TIME TO STOP MONITORING THE HEALTH HABIT(S) THAT YOU ADDED DURING WEEK 4 IF .....**

..... this habit has become an automatic habit for you. If it does not feel like an automatic habit, keep following it on the Goals Chart. By this time in the program, it is not necessary to continue adding new health habits. For the next 9 weeks you will continue working on the new health habits you have chosen over the past 15 weeks until they all become automatic habits for you.

DATE	Week 16							Week 17							Week 18						
1.	<input type="checkbox"/>																				
2.	<input type="checkbox"/>																				
3.	<input type="checkbox"/>																				
4.	<input type="checkbox"/>																				
5.	<input type="checkbox"/>																				
6.	<input type="checkbox"/>																				
7.	<input type="checkbox"/>																				
8.	<input type="checkbox"/>																				
<b>POSITIVE AFFIRMATION</b>  Aerobic activity helps use up my stored energy.		Stay motivated. Keep following your health plan. This plan will help you get your energy levels balanced and help you burn stored energy. Believe you will achieve success with your health plan.														<b>MEASUREMENTS</b> Date: _____ Weight: _____ Waist: _____					

**IT MAY BE TIME TO STOP MONITORING THE HEALTH HABIT THAT YOU ADDED DURING WEEK 7 IF .....**  
**..... this habit has become an automatic habit for you. If it does not feel like an automatic habit, keep following it on the Goals Chart.**  
**For the next 6 weeks you will continue working on the new health habits you have chosen until they all become automatic habits.**

DATE	Week 19							Week 20							Week 21						
1.																					
<input type="radio"/>																					
2.																					
<input type="radio"/>																					
3.																					
<input type="radio"/>																					
4.																					
<input type="radio"/>																					
5.																					
<input type="radio"/>																					
6.																					
<input type="radio"/>																					
7.																					
<input type="radio"/>																					
8.																					
<input type="radio"/>																					

<p><b>POSITIVE AFFIRMATION</b></p> <p>I crave whole natural food.</p>	<p>The most successful people in the world are not always the smartest or the most talented. However, successful people are <b>VERY</b> determined and persistent.</p> <p><b>Be determined to be persistent and you will be successful!!</b></p>	<p><b>MEASUREMENTS</b></p> <p>Date: _____</p> <p>Weight: _____</p> <p>Waist: _____</p>
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**IT MAY BE TIME TO STOP MONITORING THE HEALTH HABIT THAT YOU ADDED DURING WEEK 10 IF .....**  
 ..... this habit has become an automatic habit for you. If it does not feel like an automatic habit, keep following it on the Goals Chart.  
 For the next 3 weeks you will continue working on the new health habits you have chosen until they all become automatic habits.

DATE	Week 22							Week 23							Week 24						
1.																					
<input type="radio"/>																					
2.																					
<input type="radio"/>																					
3.																					
<input type="radio"/>																					
4.																					
<input type="radio"/>																					
5.																					
<input type="radio"/>																					
6.																					
<input type="radio"/>																					
7.																					
<input type="radio"/>																					
8.																					
<input type="radio"/>																					



**Each day is a new day with new possibilities.  
 Take one day at time and enjoy the journey!**

**MEASUREMENTS**

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Waist: \_\_\_\_\_