

Concord Summer Experience



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| Activity Title | SMART Goal setting | | |
| Activity Overview | In this activity, you will complete a 4 week plan for changing habits using achievable and realistic goals. | | |
| Activity Duration | 60 Mins | Resources Required | <ul style="list-style-type: none"> ➤ Pen ➤ Paper ➤ 4week plan worksheet |
| Activity Summary | | | |
| <p>Welcome to our Healthy Habits session. What is a healthy habit? Things we do in our everyday life which have a positive impact on our body and mind.</p> <p>Healthy habits can include a range of the following:</p> <ul style="list-style-type: none"> • Eating Breakfast • Eating a balanced diet • Drinking water • Regular exercise • Sleeping 6-8 ours daily • Spending time outdoors and off the internet • Been mindful / meditating <p>For this activity I would like you to choose 4 of the above habits and suggest how you can include them into your lifestyle and each week increase how long you will do each of them for to have a positive impact on your body and mind.</p> <p>You will set only realistic goals taking into account your current lifestyle so that you can change your habits within realistic goal frame.</p> <p>What is a SMART target: To make sure your goals are clear and reachable, each one should be:</p> <ul style="list-style-type: none"> • Specific (simple, sensible, significant). • Measurable (meaningful, motivating). • Achievable (agreed, attainable). • Relevant (reasonable, realistic and resourced, results-based). • Time bound (time-based, time limited, time/cost limited, timely, time-sensitive). | | | |

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Task

Complete a 4 week Plan using the template provided considering SMART, to ensure your goal is achievable and realistic.

Consider two healthy habits you do not do currently and try to include them into your daily / weekly routine to improve your lifestyle.

Week one -

Consider including one new habit into your weekly routine once a week.

Week 2

Consider including the other selected habit into your weekly routine once a week, so that now both are included into your weekly routine.

Week 3

Consider including both of the new habits your weekly routine twice times a week.

Week 4

Consider including your healthy habits more regular into your lifestyle, either increasing the amount done in a day or possibly up to three times week and add it into your plan.

- ❖ Write up a small conclusion on the mental, physical and psychological benefits you have experienced through adding these healthy habits into your new healthy lifestyle.


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