STEPS FOR GOAL SETTING

1. Desire: **Not be tormented by ED**

2. Belief (ability to achieve goal): **good**

3. Write the goal down: **structured, yet flexible, food plan**

4. How will you benefit from accomplishing your goal?
   - Write out a list of advantages you will enjoy: **no binging, no purging, no restricting, good nutrition, able to think and be active, able to be social, enjoy activities with family and friends.**

5. Clear, specific, measurable: **plan 4 meals/day -> 3 meals/3 snacks**

6. Deadline: **Every day**

7. Identify obstacles you will have to overcome to achieve your goal: **not planning, want to be thin, good to be hungry, any excuse to not eat**

8. Identify the knowledge you will require in order to accomplish your goal: **ability to plan ahead, know my calendar, know nutrition, identify protein**

9. Identify the people whose cooperation and assistance you will need to obtain your goal:
   - **my boss, DH, co-workers, family, friends**

10. Get a clear mental image of your goal on the screen of your mind: **Go out to lunch with girlfriends with no stress.**