

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 bingeing, 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. _____

