

# WEEK 1:

## *Set Smart Goals*



### **Chef Habit:** *Set Smart Goals*

A heartfelt welcome to your first week of the 52 Chef Habits Program! Most of us have many resolutions but often struggle with setting and achieving these goals. This first change is rather easy. Simply read this article and write down a smart goal for yourself. This little, yet elusive step is vital to achieving your goal of becoming healthier in the coming months.

I will map out an easy path for you that makes goal setting more structured and less overwhelming. Accomplishing your goals will be as simple as following the roadmap.

**WHY:** Goals are absolutely essential to your success. They give you focus, direction and motivation. Ideas remain just dreams until you make doable goals to achieve them. However, the most realistic goal is not worth anything without a well-designed system. Your commitment to the process is crucial for achieving your goal.

#### **How to set priorities with the 80/20 approach**

You know that it is impossible to change all aspects of your life at the same time. Therefore, it is important to pick the one thing that will make the biggest impact or difference.

I operate under the assumption that the biggest idea you are currently most passionate about is improving your “health” through either clean eating or sustainable weight loss, or both. So the good news is that you have set your priority for the coming months already...

Prioritizing “Health” is the best choice you could have made! Why? Very often there is a common link between “health” and other areas of your life. Just feeling better and having more energy will very likely contribute in a positive way to other areas in your life like your family or career.

#### **Goal definition**

A goal is an observable end result that can be measured. It has at least one or more objectives that have to be reached within a fixed timeframe.

#### **S.M.A.R.T. Goals**

Several different goal setting strategies exist. I am a fan of **S.M.A.R.T. goals**, a concept developed by George T. Doran.

The wonderful thing about S.M.A.R.T. goals is that they give you the most clarity and you can easily break them into smaller tasks. S.M.A.R.T. goals are specific, measurable, attainable, relevant, and time bound. In order to shorten a long process, I have done most of the work. Check the following smart goal examples:

**S.M.A.R.T. Goal – Weight Loss Example**

It is June 30, 2016 and I will have reached my optimal weight (by losing 20 pounds) by following and implementing the first 26 weeks of the 52 Chef Habits.

**S.M.A.R.T. Goal – Clean Eating Example**

It is December 31, 2016 and I will have established clean eating as a lifelong habit by following the 52 Chef Habits. The change helps me to plan my meals ahead of time, to maximize whole food nutrition, all while minimizing junk food.

**HOW: Set S.M.A.R.T. goals in 3 steps**

Now it is time to write down your S.M.A.R.T. goal. Feel inspired by one of the two examples above:

**Step 1:** Print out your smart goals worksheet on the next page and, if you'd like, print my example as well.

**Step 2:** Fill it out. You may come up with your own wording or take one of the “formulated smart goal statements” above as a guideline. Simply adapt some factors like time, pounds or duration to your individual situation.

**Step 3:** Place this sheet in a visible spot on your fridge, mirror or desk providing a great system of social accountability through family and friends. That is it!

I mentioned it already... It takes time to reach your goal. It is more important to realize that a sustainable change is a product of daily habits, not an overnight success. It is more effective and practical to focus on your daily habits and routines – and that is what you are doing with the 52 Chef Habits Program...

Why? Because your life today is essentially the sum of your past habits.





