



Plan to Succeed!

Here is one process you can use to reach your goals:

- Set a goal,
- Make a plan for how to achieve your goal,
- Evaluate how well your plan is working and figure out solutions when problems arise,
- Make changes to your plan and try again,
- Keep track of your progress toward your goal,
- Modify your plan further if your progress is not as desired, and
- Reward yourself for a job well done.

Here is the way one school employee used these steps to lose weight.

Step	Strategy for success
Set a goal	John was determined to lose 12 pounds before his “big” birthday on March 1, about 8 weeks away.
Made a plan	John planned to stop eating dinner leftovers late at night, stop bringing home junk food, and take walks after school.
Evaluated the plan and solved problems	John successfully stopped eating dinner leftovers. Instead of eating late at night, he decided to have a cup of decaf coffee or tea or a low-calorie hot chocolate. John’s wife brought home junk food and it was hard for him to stop eating it or to ask her to not bring it home. John successfully took walks after school when the weather was good.
Changed the plan and tried again	John came up with a plan to walk inside the school for 30 minutes when the weather was bad. John asked his wife to help him cut down on junk food and they decided to limit the amount and variety they brought home.
Tracked progress	John lost 1 to 2 pounds during each of the first three weeks and then his progress slowed down.
Modified plan further to improve progress	John made two more changes to his plan: to drink only water or zero-calorie beverages, and to eat smaller portions by having his meals on a smaller plate.
Continued to track progress	John’s weight loss picked up speed again, and he lost a solid 2 pounds each week.
Rewarded self for achieving the goal	John felt great about himself when that “big” birthday arrived. He used the money he saved from not buying sodas and expensive coffee drinks and junk food, to take his wife to a concert.

