



Making Resolutions Last—Beyond February 1st

David Wheeler, MA, MS, CEP

Part 1

Assessing Your Stage of Change

STAGE	ACTIONS
PRECONTEMPLATION I have no desire to change _____ I don't think _____ is important	Self examination; Ordering priorities
CONTEMPLATION I want to know more about _____ I question my ability to _____	Obtain Information; Take baby steps; Develop relationships; Review barriers/obstacles
PREPARATION I want to _____ I am in the process of _____	SMARTT goals; Plan, Scheduling
ACTION I am _____	Inspiration; Analyze Challenges; Establish support/accountability/rewards
MAINTENANCE I have reached my goal(s) _____ I doing _____ _____ to maintain my achievement	Role models; Rewards; Creativity; Relapse Prevention: <i>Staying the Course</i>

Part 2

Creating S.M.A.R.T.T. Goals

Specific

What: What do I want to accomplish? _____

Who: Who is involved? _____

Where: Identify a location. _____

When: Establish a time frame. _____

Which: Identify requirements and constraints. _____

Why: Specific reasons, purpose or benefits of accomplishing the goal. _____

Measurable

How much? _____

How many? _____

How will I know when it is accomplished? _____

Attainable

This has more to do with the goal itself. It is intrinsic to the goal itself.

Is there anything about my goal that makes it unattainable? _____

Realistic

This has more to do with you, others involved and circumstances. It's more extrinsic.

What is there about me, others involved or the circumstances that make my goal unrealistic? _____

Timely

What are my time frames?

Short-term? _____

Intermediate? _____

Long-term? _____

Tangible

What does it look like? _____

What does it sound like? _____

What does it feel like? _____

What does it taste like? _____

What does it smell like? _____

Now, revise your goals according to “Attainable,” “Realistic,” “Timely” and “Tangible.”

Part 3 Overcoming Obstacles

1. Identify some obstacles that I have encountered before. _____

2. What worked/didn't work to overcome them? _____

3. Identify some obstacles that I can anticipate this time. _____

4. Brainstorm some ideas for ways to overcome them this time. _____

Part 4 Accountability

1. To whom will I be accountable? _____

2. How will I be accountable to them? _____

Part 5 Rewards

1. What will I reward myself for? _____

2. What will I use for rewards? _____

3. How will I involve those to whom I'm accountable in my reward plan? _____

Conclusion

Anyone who attends one of my presentations is entitled to a complimentary consultation and workout during a free visit to Premier Health & Fitness Center. Contact me within the next 30 days.

I'd be happy to deliver this and other presentations at your workplace, faith community or other organization. As one-hour lunch-n-learn sessions they're free. As extended workshops they're absurdly affordable. Other popular programs include:

Staying the Course

So you've succeeded in meeting your goals—CONGRATULATIONS! How can you maintain the behaviors that helped get you there? In this program I take you through the process of identifying the motivators and other factors that contributed to your success. You'll also learn strategies for avoiding relapse and continuing the gains you've made.

Reducing Stress through More Effective Communication

What's more stressful than misunderstandings? Struggling to understand others or to be understood can be among life's most distressing experiences. In this interactive presentation I describe how a few simple techniques can enhance communication and lower stress.

Building a Fitness Program That Meets Your Goals

The best fitness plan is one you've tailored specifically to your life, your body and your goals. In this interactive workshop I show how using professional fitness training principles to design and calibrate your own program can maximize your success.

Other topics are available. Just let me know what you need. Contact me at 850-431-4835 or david.wheeler@tmh.org.



David Wheeler is Wellness & Health Recovery Coordinator at Premier Health & Fitness Center. He received his bachelor's degree in Exercise Science with minors in Health Education and Athletic Training from The Florida State University. He later earned an MA in Theology and an MS in Counseling from Fuller Theological Seminary in Pasadena, CA. David is a Certified Exercise Physiologist, holds the Exercise *is* Medicine™ credential and was granted Faculty status by the Wellness Counsel of America. His specialties include health behavior, health risk assessment and reduction, stress management and interpersonal communication. David provides fitness training and health coaching for those contending with health challenges and for healthy adults who want to stay that way.



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Monday, January 30, 2017, Capital City Kiwanis

Program Evaluation

1. This program provided me with useful information.
Strongly Disagree 1 Somewhat Disagree 2 Somewhat Agree 3 Strongly Agree 4
2. The content was easy to understand.
Strongly Disagree 1 Somewhat Disagree 2 Somewhat Agree 3 Strongly Agree 4
3. The content was presented clearly.
Strongly Disagree 1 Somewhat Disagree 2 Somewhat Agree 3 Strongly Agree 4
4. The presenter was knowledgeable about this subject.
Strongly Disagree 1 Somewhat Disagree 2 Somewhat Agree 3 Strongly Agree 4
5. I would recommend this program.
Strongly Disagree 1 Somewhat Disagree 2 Somewhat Agree 3 Strongly Agree 4
6. I would recommend this presenter.
Strongly Disagree 1 Somewhat Disagree 2 Somewhat Agree 3 Strongly Agree 4
7. I expect to put this to use in my life.
Strongly Disagree 1 Somewhat Disagree 2 Somewhat Agree 3 Strongly Agree 4
8. The quantity of material presented was
Too much 1 Just right 2 Too little
9. The quality of material presented was
Poor 1 Fair 2 Good 3 Excellent 4

What I liked best

What I liked least

What I'd like to see done differently
