

# Worksheet: Outcome Goals into Behavior Goals

## For clients

Many exercise and fitness routines—especially short-term challenges—are built around outcome-based goals, like a specific number on the scale.

But outcome-based goals are tough to control. We don't know, for example, exactly how our bodies will respond to a new way of eating or exercising. The result can be dissatisfying or even demoralizing. On the other hand, behavior-based goals can be more empowering as they shift our focus to things we can control, like small but consistent daily actions. The result: a greater sense of satisfaction, lasting motivation, and more long-term progress.

Think about it like this:

**Outcome-based goals** focus on the end result, like losing 20 pounds, but don't account for what happens between now and then.

**Behavior-based goals** are centered on the actions you take, like eating three servings of vegetables per day.

If you have an outcome-based goal, it can be a useful starting place.

### Write it down here:

Now, brainstorm what behaviors could help you achieve that goal.

### Some behavior-based goals that could help me achieve this goal are:

(Examples: eating three servings of vegetables a day; drinking water instead of soda or alcohol; eating only minimally-processed foods; exercising 5x per week; getting an additional hour of sleep each night.)

Good work! Now, you might start getting excited thinking about all the possibilities for behavior-based goals. (Alternatively, you might start to feel a bit overwhelmed about all of these changes.) But it's actually best to just focus on 1-2 habits at a time.

**So for now, pick 1-2 goals you're going to focus on during the challenge and write them down below.** (Example: eating three servings of vegetables a day.)

Next, you'll want to break down that behavior-based goal into practices—specific things you can do each day to support that habit.

For example, if your goal is to eat three servings of vegetables a day, your practices might include:

- Visiting the grocery store once a week to stock up on lots of fresh veggies.
- Prepping veggies on Sunday nights so they're ready to eat.
- Taking an extra 10 minutes during dinner prep to pack tomorrow's lunch.

Turning these practices into habits tells you specifically what you need to do every day to make achieving your goal more likely. By breaking a large goal into small, daily actions, you also create the potential for daily, small "wins," which can help keep you motivated and on track long-term.

**Brainstorm some practices that will help you achieve your behavior-based goal. Then, circle one that you'll focus on for now.**

(For example:

**Behavior based goal:** eating three servings of vegetables a day

**Practices:** prepping veggies every Sunday night; packing my lunch before bed.)