

Ready, Set, GOAL!!!

Future You
NUTRITION

GOALS

Sabina Kelly

Future You Nutrition

What is a Goal?



- A goal without a plan is just a dream
- Discipline is proving to yourself that your goals matter more than your excuses
- Set Goals, If you have nowhere to go, you'll stay right where you are.
- Consistency looks like nothing is happening, until everything changes
- Goals don't shape your future, your habits do.
- Don't be upset with the results you didn't get with the work you didn't do.
- Success doesn't come from what you do occasionally, it comes from what you do consistently
- What you're not changing, you're choosing.

Are your goals smart?



- So why do so many of us fail on our goals?
- It's possibly an outcome over which we have no control.
- We don't have a road map of how to achieve it
- We might know if we get end up there, but not what it takes to make it there.

Make your goals **S**MART



- **Specific**
- “Eat healthier” vs “Eat a protein-rich breakfast at least 4 days a week”
- Good specifics answer:
 - What?
 - How?
 - In what context?

Make your goals SMART



- **Measurable**

- “How will I know it’s happening?”
- How many times am I going to do this thing?
- How will I know if I’m succeeding?
- E.G. I will walk 4 days for 20 minutes after my evening meal

Make your goals SMART



- **Actionable (or Achievable) — “Can I actually do this right now?”**
- “Move more” vs “Walk for 20 minutes after dinner, 5 days a week”
- Measurement doesn’t have to be fancy—checkmarks count ✓
- That means: You control it - It’s behavior-based, not outcome-based
- “Lose 15 pounds” (not fully in your control) vs “Strength train twice per week” (100% in your control)
- A great litmus test: *Could I do this even on a bad week?*

Make your goals SMART



- **Relevant — “Why does this matter to me?”**
- This is the emotional glue. Without it, goals feel like chores.
- Ask:
 - Does this align with my values?
 - Does it support my bigger picture (health, energy, confidence, longevity)?
- “Because I should” vs “Because I want more energy to keep up with my life”

Make your goals SMART



- **Time-Bound — “By when?”**
- A time frame turns intention into commitment.
- Short time frames are often better—they invite experimentation instead of pressure.
- “Someday” vs “For the next 2 weeks” or “By the end of this month”



Behavior vs Outcome

- Outcome goal: Exercise more – what you want to happen
- Behavior goal: The changes you need to do to make the goal happen
 - Walk around the block 3 days a week before breakfast
 - Take a 10 minute walk after dinner Thursday night
 - Sign up for a class at the gym.
- **Outcome goals are the destination.
Behavior goals are the vehicle.**
- You can't directly control the destination.
You *can* control how you drive.

Examples of SMART goals



- For the next 2 weeks, I will eat a protein-rich (20g) breakfast at least 4 days per week to support better energy in the mornings.
- I will add one serving (28g) of berries to my lunch 3 days a week to work retaining muscle mass for the month of January.
- I will drink one 8 ounce glass of water while I'm brewing my coffee for the next 7 days to feel energetic and hydrated.
- I will eat a home cooked dinner at home 4 times a week for the next week to limit my Ultra processed food consumption.
- For the next month, I will add a vegetable to my afternoon snack to increase my vegetable intake and feel healthier.



Examples of SMART goals

- For the next 2 weeks, I will eat a protein-rich (20g) breakfast at least 4 days per week to support better energy in the mornings.
- I will add one serving (28g) of berries to my lunch 3 days a week to work retaining muscle mass for the month of January.
- I will drink one 8 ounce glass of water while I'm brewing my coffee for the next 7 days to feel energetic and hydrated.
- I will eat a home cooked dinner at home 4 times a week for the next week to limit my Ultra processed food consumption.
- For the next month, I will add a vegetable to my afternoon snack to increase my vegetable intake and feel healthier.

Specific Measurable Actionable Relevant Timebound

Common SMART Goal Mistakes



- **Very Normal**

- Making goals **too big** (“Every day forever”)
- Choosing **outcomes instead of behaviors**
- Setting goals that rely on motivation instead of systems
- Ignoring skills needed to succeed
- Making goals unrealistic

Make these goals SMART

- I want to eat better
- I want to lose 12 lbs.
- I want to move more



Establishing new habits



- Make it Obvious
 - Make it Attractive
 - Make it Easy
 - Make it Satisfying
-
- EXAMPLES
 - Take your pills as you wait for your coffee to brew
 - Treat yourself to a coffee after you do a 10 minute walk
 - Park further away from the entrance
 - Watch your favorite tv show but only on the treadmill

Breaking old habits



- Make it Invisible
 - Make it Unattractive
 - Make it Difficult
 - Make it Unsatisfying
-
- Examples
 - Put the cookies on the top shelf of the pantry
 - Leave your wallet at home when out for a stroll so you can't stop for coffee
 - If you want to smoke, you must stand outside 2 blocks from your front door



Two Minute Rule



- When you start a new habit, it should take less than 2 minutes to do
- Make your habits as easy as possible to start
- Identify the “gateway” habit
- Master the habit of “showing up”

Very Easy	Easy	Moderate	Hard	Very Hard
Put on your running shoes	Walk for 10 minutes	Walk 10,000 steps	Run a 5K	Run a marathon
Write on sentence	Write one paragraph	Write a thousand words	Write a 5,000 word article	Write a book
Open your notes	Study for 10 minutes	Study for 3 hours	Get straight A's	Earn a PHD

What are your SMART goals?



Contact me

- Sabina Kelly
- Future You Nutrition
- www.FutureYouNutrition.com
- FutureYouNutrition@gmail.com
- 703.919.6505
-  Future You Nutrition
-  Future_You_Nutrition



Sources

- Atomic Habits by James Clear
- Precision Nutrition GSPA
- Better than Before by Gretchen Rubin
- The Power of Habit by Charles Duhigg

