Making Change Simple: Outcome and Behavior Goals

There are 2 types of goals – Outcome and Behavior goals

- **Outcome goal** is the main outcome or objective that one hopes to accomplish. One of the key characteristics of an outcome goal is the fact that you *can’t directly control* the accomplishment of the goal. It’s the end result of a series of other things you have to do.

- **Behavior goals** are the steps you have to take to accomplish your outcome. One of the key characteristics of a behavior goal is that you *can directly control the goal*; it’s an action you can choose to do every day.

**Definition of HABIT**: a settled or regular tendency or practice, esp. one that is hard to give up.

The application of basic habits...from “The Power of Less” by Leo Babauta:

*The only way you’ll form long-lasting habits is by applying the Power of Less: focus on one habit at a time, one month at a time, so that you’ll be able to focus all your energy on creating that one habit.*

1. *Select one habit...only one habit per month.* You can choose any habit – whatever you think will have the biggest impact on your life.

2. *Write down your plan.* You will need to specifically state what your goal will be each day, when you’ll do it, what your “trigger” will be, who you will report to...

3. *Post your goal publicly.* Tell as many people as possible that you are trying to form your new habit. I suggest an online forum, but you could email it to coworkers and family and friends or otherwise get the word out to a large group.

4. *Report on your progress daily.* Each day, tell the same group of people whether or not you succeeded at your goal.

- Choose 1 habit from the following chart that you feel confident that you could be successful with for the next month. On a scale of 1-10, 1 is not confident at all and 10 is extremely confident, you’d be an 8 or 9.

<table>
<thead>
<tr>
<th>Take fish oil and multivitamin</th>
<th>Eat lean protein with each meal</th>
<th>Sleep at least 7 hours today</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slow down my eating</td>
<td>Eat fewer carbohydrates</td>
<td>Drink 2L of water today</td>
</tr>
<tr>
<td>Stop eating at 80% full</td>
<td>Eat around 4 times today</td>
<td>Drink BCAA recovery drink</td>
</tr>
<tr>
<td>Eat at least 5 servings of vegetables</td>
<td>Record what I eat today</td>
<td>Eat mostly whole foods</td>
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- “I will do the following for the next month to ingrain a habit of health into my daily life”

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