

# How to Be Your Own Self-Coach



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*"You're off to great places, today is your day. Your mountain is waiting, so get on your way."*

*- Dr. Seuss*

Goal setting can be an important part of our everyday lives. Many of us create goals and then we don't follow through with sticking to them. Let's focus on setting health behavior goals. How can we set realistic and attainable goals? The first way is by creating them SMART (specific, measurable, achievable, relevant, time bound).

**Example Goal:** To walk for 30 minutes three times a week.

- **Specific:** Walking Exercise
- **Measurable:** 30 minutes
- **Achievable:** On a scale of 1-10, how achievable is this goal? 8
- **Relevant:** Creating an exercise routine
- **Time bound:** Three times a week

This is a goal relevant to physical activity, but the same method could be applied to any other health behaviors such as nutrition. It is important to choose

a goal that interests you and will likely keep you motivated. In addition, assessing any barriers or challenges you may face while working towards your goal.

For our example, what if outside air quality is poor and you shouldn't go outside to walk?

- Could you have an alternative? Are there indoor places to walk, like the mall?
- Video walking indoors (<https://www.youtube.com/watch?v=enYITYwvPAQ>)?
- Or maybe another indoor low impact physical activity such as swimming or an exercise bike?

There are many ways to become more self motivated. After creating your goals, here are some ways to self coach and maintain these goals. Remember there is no "one size fits all" for goal setting, so what you find helpful may be different than what others find helpful.

**Be reflective and honest, evaluate goal regularly**

- What went well? What do you need to improve on?
- Weekly or monthly check in

- This will help you stay motivated by seeing your progress

**Make a visual to keep mindful of goals**

- Write goal out and/or create a vision board
- Place visual where you will see it often (on the mirror)
- Actually visualize yourself achieving your goal; what does achieving your goal feel like?

**Have a support system to keep track of goals**

- Have other people's encouragement to increase motivation
- Find someone to share this experience
- Send texts to friends to check in daily/weekly

**You got this!**

- Take the time to celebrate the goals you have accomplished
- Listen to a motivational speaker (online TED talk, movie, song)
- Split your goal into small chunks to accomplish the task
- Give yourself breaks to reevaluate your goal

Check out this resource for self motivating podcasts: <https://positivepsychology.com/self-motivation/>