

EPISODE 279

[INTRODUCTION]

[00:00:19] AVH: Hey, everybody. Welcome to Paleo Magazine Radio. My name is Ashleigh VanHouten. I hope you're having a beautiful, sunny, happy, healthy summer and that you are setting and meeting whatever awesome goals your brain can come up with. Speaking of goals, you like segue? You can never really have too much inspiration or too many hot tips about setting smart goals, right? Because well, one thing about goal setting is that you really want to set the right goals in the first place, right? Not just things that other people are doing that look cool or maybe goals that other people are telling you, you should do.

So I thought that this would be a good time to just do another quick and dirty podcast where I'm going to read out an article. This one is from the August/September issue of Paleo Magazine and it's from functional medicine practitioner and the bestselling author of *Unconventional Medicine* and *The Paleo Cure*, Chris Kresser. Sure you know about this guy already.

I hope you enjoy this, it's short and sweet, it's all about tangible ways to set the right goals for yourself and how to achieve them as well.

[SPONSOR MESSAGE]

[00:001:23] AVH: But before we dive in, thank you to our show sponsor, Jones Dairy Farm. If you, like me are a fan of high-quality breakfast meats, well, meats in general, you can eat these any time, that's the beauty of it. These guys are best known for their all natural sausage, dry-aged, center cut bacon and naturally smoked ham and Canadian bacon. They're really dedicated to high quality ingredients, they never use binders, fillers, gluten, preservatives, MSG. They've been doing the same thing for like 130 years so I feel like they know what they're doing. They make their sausages in small batches using fresh, never frozen, hormone-free meat that comes from local producers around the Midwest.

Their products can be found in your freezer section, your local grocery, some in the refrigerated aisle as well. You can learn more about the company, what they offer and check out, they have

some specific paleo-certified products that are like their breakfast sausages and stuff that you want to check out. If you go to Jonesdairyfarm.com/paleo. So, check them out, they're delicious and now, on to Chris Kresser's advice on setting smart goals for health.

[ARTICLE READING]

[0:02:36.6] AVH: *Setting SMART Goals for Health* by Chris Kresser. Let's face it, change can be hard, especially when it comes to transforming unhealthy habits into healthy ones. If it weren't difficult, the chronic disease epidemic wouldn't exist. We'd all eat a nutrient dense, whole foods diet, get enough sleep, manage our stress levels, and embrace other aspects of a healthy ancestral lifestyle.

Yet, as a population, it's clear we don't do that. Only about 6% of Americans practice all of the following five basic healthy habits: not smoking, limiting alcohol intake, maintaining a healthy BMI, exercising regularly, and getting enough sleep. Just how important is engaging in healthier daily habits? Harvard researchers found that men who followed the five low-risk lifestyle behaviors could add an average of 12 years to their lives. For women, that number jumped to 14.

Study participants of both genders experienced a decrease in mortality from cancer and cardiovascular disease in particular. Even though there's a clear motivator to live a healthy life, many of us don't do so. Is there something fundamentally wrong with us that causes us to behave in ways that aren't in our best interest? Not at all. The fact is, we're not always ready to change and even once we are, many of us don't know how to do it.

Change is a process with multiple stages. At the beginning, we're not ready to take a new action. We may feel doubtful or uncertain about whether we really need to change, we may not feel prepared and we're not all that motivated to make big lifestyle changes. Eventually, as we progress through the stages of change, that ambivalence dissolves. We make a decision and we feel motivated to follow through. This stage is where goal-setting can help the most. It's a great time to try out the SMART Methodology.

Moving through the stages of change takes time and it's not always clear which stage you're in. Having the support of a health coach who understands how this process works can empower you to achieve successful, lasting change. How we define and articulate our goals plays a role on whether we achieve them. SMART Methodology aims to help you establish and express your goals by ensuring that they are specific, measurable, attainable, relevant, and time bound.

Let's start with S, specific. Specific means you've targeted a precise area for improvement. If your goal isn't clear-cut, you won't be able to focus on it. A good way to specify your goal is to answer the five W's: who, what, when, where and why? An example of a general goal is, "I want to feel less stressed." A specific SMART goal looks more like this: "To decrease my stress levels, this month, I will practice breathing exercise every Monday and Wednesday at 9 AM."

All right, next is measurable, which means that you can quantify and track your progress towards your goal. When setting your SMART goal, identify how you'll monitor your headway. Ask yourself, "How will I know when I have accomplished my goal?" For example, to track a sleep goal, you could write down what time you got in bed, each night in a journal on your nightstand. Then you could look periodically to see how you're doing and at week's end, check whether you hit your goal.

Next is attainable, which means your goal is realistic and possible for you to achieve. But that doesn't necessarily mean it's easy. SMART goals encourage big thinking, yet they also keep you tethered to reality. They help you stay motivated to make major changes while avoiding the frustration that comes from trying to meet a goal that can't be achieved at the moment. Ask yourself what tools and skills you need to accomplish your goal. Do you have them? Can you attain them in a timeframe you've given yourself?

So an example of an unattainable goal: "I want to be medicated for 20 minutes every morning, morning's in my house are total chaos with getting the kids up, fed, and on the bus with lunches in hand." So maybe an attainable SMART goal might be: "Using the quiet time in the evenings, once the kids are asleep and my tasks are done, I will distress by meditating for 20 minutes every night this week."

All right, next is relevant, which means it's a worthwhile goal that matches what you want from your life. The best goals align with your values and purpose. A non-relevant goal might be: "I want to eat fish five days a week for the next month because it's healthy, even though seafood makes my stomach turn." A relevant SMART goal might be: "To eat better and because I love gardening, I'll make five meals a week this month using my own home grown produce and herbs."

Lastly, we've got time bound, which means that you set a deadline for your goal. Without a cutoff date for completion, you're more likely to procrastinate. The examples above all include clear timelines that orient the goal in the present, not some distant time in the future. If you're ready to set SMART goals, consider enlisting a health coach to walk you through the process. A health coach can offer you one-on-one support to create consistent and sustainable dramatic change in your life using SMART goals and other strategies.

And, if you're a personal trainer, nutritionist, or other wellness practitioner, you'll likely find the SMART approach a smart fit for the work that you do. The SMART Methodology can help you support and empower the people around you as they're accomplishing their own objectives and learning to master the art of goal setting.

[END OF READING]

[0:07:38.1] AVH: Okay, thank you everyone for listening. I hope that's helpful to you. Thank you again to Jones Dairy Farm for sponsoring the show and don't forget that if you enjoy the show, if you enjoy the podcast, you want to continue to enjoy it, you want it to continue to exist, you can do your tiny part for me by leaving a nice rating and review on iTunes. It takes two seconds guys, I promise. The more popular we get, the more likely we are to continue doing the show and getting you great guest and giving you great free information. So, that would be awesome.

Join me next week, I'm going to be discussing another awesome topic. I'm going to be talking about the health benefits of, I think what is literally the most popular beverage on earth besides water throughout history and all over the globe. We're talking tea, guys. The different types of tea, the way it can be harvested, where it comes from, how it's used, the benefits of the different types of tea, why it may even, and I'm just saying "may", be a good idea to switch out your

coffee for tea every once in a while. I know, it's a tough sell but sometimes it's good to switch things up, right?

So, join me next week, you can learn all that you need to know about tea and that's it. I hope you have a great day everybody.

[OUTRO]

[0:08:52.8] AVH: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]