

# HEAD START!

Welcome to  
LiveWell  
Dorset



Public Health  
Dorset



LiveWellDorset



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**LiveWellDorset**

**LiveWell Dorset is here for your health and wellbeing. We'll guide you to a healthier lifestyle through FREE advice and coaching.**

## Hello & welcome to LiveWell Dorset!

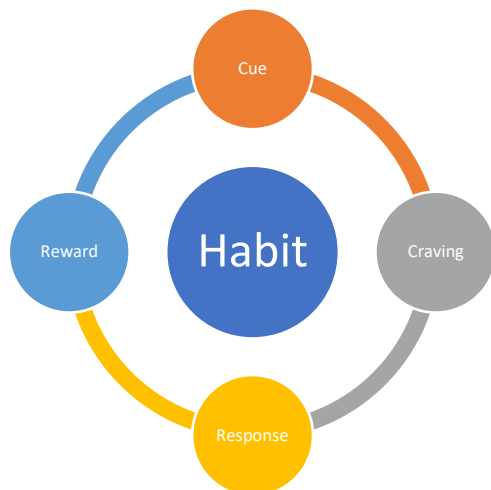
We are so excited to be able to work with you and help you to get the most from your experience with LiveWell. Whilst you wait for your coach to contact you, we have put together this short pre-coaching pack.

Within the pack you will find tools, tips and worksheets to help you to get a head start on your goal success.

## What makes us behave the way we do?

### The Habit Loop

Every habit has four distinct steps:



- **Cue** - a situation, emotion, or sense that kicks the entire habit off automatically.
- **Craving** - and anticipation of the reward.
- **Response** - The process you go through.
- **Reward** - The need that is being filled.

Once you have completed the steps your mind goes back to waiting for the cue or trigger, to start the whole system off again and is known as a habit loop.

Every habit loop, we have for a reason!

At some point in your life, you were faced with a need. Through trial and error, your brain found a way to fulfil this need. Then each time that need came up you learned from experience how to fill that need and you repeated it again, and again, and again, until you no longer had to think about it, and the behaviour became automatic. This is how a habit is formed. The problem is that once a behaviour becomes a habit, we are only no longer fully consciously aware of what we are doing, which is why change can sometimes be challenging.

## Taking your first steps

The first step in **challenging these habits** is to become aware of them, through the process of a Self-Audit. This can take many forms, but most people like to write it down & keep a record of what's happening so they have a 'where am I now' bench mark. Depending on what you'd like to change, keep a record of:

### Diet



**keep an honest food diary for 1 week**

### Alcohol



**record when & how much you drink**

### Smoking



**record how many cigarettes you  
smoke a day**

### Activity



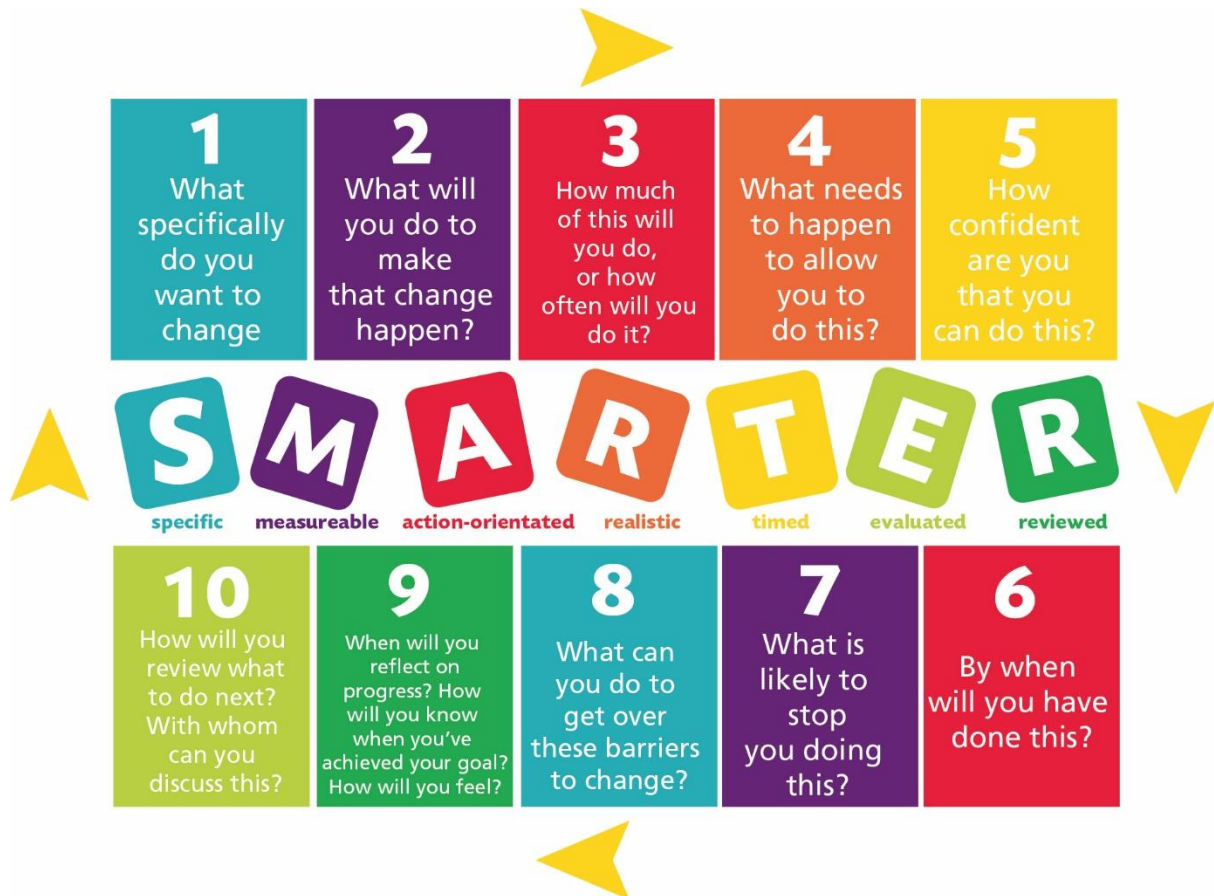
**record your current activity levels**

Time	Item	Cal/ Units/ Activity



## Set a SMARTER Goal

Once you have successfully done a self-audit the next step is to set your-self a SMARTER goal. This is just like any normal goal, but it adds a few extra bits of detail to help you focus more. It is important to start with setting your goal. The term SMARTER stands for:



Setting a SMARTER goal gives you a clear target to aim for, but they are not set in stone. You can review them and change them at any point in the process. When setting your main goal, here are a few tips to keep in mind. On the next page I have included a SMART Goal worksheet for you to work through.

**Think big!** – what does success look like for you? What would be the best outcome?

**Break it into smaller parts!** – Whatever your goal, make sure you break it down into smaller steps.

**Focus** – each month, write 1 thing you want to make your focus to work on over the next 4 weeks.

## SMARTER Goal Work sheet

Name:

Date:

Use the boxes to help you set out your SMART goal

**Specific** – What specifically do you want to change?

**Measurable** – How will you track your progress?

**Action-oriented** – What will you do to make this happen?

**Realistic** – How confident are you that you can do this?

**Timed** – By when will you have done this?

**Evaluated** – When will you reflect on progress?

**Reviewed** – How will you review what to do next?

## What is your REASON?

Lots of clients come to us and say that they “just don’t feel motivated” to make the changes they want to in their life.

Motivation is an emotion, and a fickle one at best, and just like other emotions, like happiness and anger, it does not hang around long. It’s there because you notice you want to make a change. Motivation gets you to act but can go up and down over time. Trying to rely on motivation or willpower alone is just not enough. What you need to do is understand and remind yourself of the emotional reasons WHY this change is important.

It is your why that will keep you going when your motivation runs out, and it’s your why that will ignite the fire of desire to achieve your goals.



## Strengthen your WHY

The boxes below are to help you take a deep dive into your reason why you want to make these changes. Start at the top and keep asking why until your answer is as detailed as possible.

Once you have completed it, keep coming back to it, pin it up somewhere, stick it to your fridge and remind yourself each time you look at it, WHY you are here and on this journey.

Why do you want to make this change?

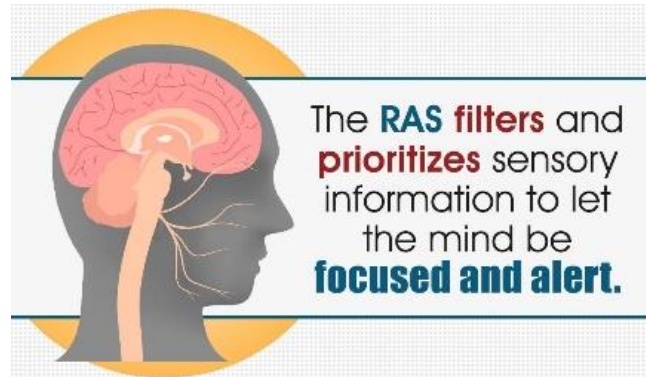
Ok, but Why?



## The Journey

Now you have a good understanding of your reasons why you want to make change, and you have set a SMART goal, it is time to plan how you are going to make this happen. Having a detailed plan is 50% of any behaviour change. Planning helps you with behaviour change in 2 ways.

1. Through the process of planning, you program an area of your brain called the Reticular Activating System (RAS). This part of your brain helps filter out unnecessary information, leaving you more



able to focus on the information that is useful. Once you plan for certain situations, this part of your brain will help you become more consciously aware of helpful behaviours that support you in reaching your goal, instead of reverting to the habit. This gives you the opportunity to stop the habit and make a conscious choice.

2. Having a detailed plan about what, and how, you are going to do things differently, makes it easier to adopt and follow through. We like to think we are up for a challenge but as a species we like doing the easy things a lot more than the hard. By adding detail to your plan, you leave less decisions to be made later in the process. Making less room for excuses and last-minute bail outs.



**“He who fails to plan, is planning to fail”**

**Sir Winston Churchill**

## If/Then Plan

IF-THEN planning is the best way to build your new habits, and how those new habits will work in different situations. Fill in the boxes below to help you start and continue to another page if you need to.

IF (Situation)	Then (New plan)
IF .... I do not want to get out of bed, to exercise, because it is too comfy	THEN... I will remind myself of my goal, count 5...4...3...2...1 and launch into my day

We hope this introductory pack has given you the head start you need on your journey with LiveWell Dorset.

We look forward to meeting you soon,



We're cheering you on!

The LiveWell Coaching Team

## Links to more information & support:

NHS choices:

Weight management:

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

Drink less:

<https://www.nhs.uk/conditions/alcohol-misuse/treatment/>

Get active:

<https://www.nhs.uk/live-well/exercise/get-active-your-way/>

Stop smoking:

<https://www.nhs.uk/conditions/stop-smoking-treatments/>

NHS app library:

<https://www.nhs.uk/apps-library/>

5 steps to mental wellbeing NHS:

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

5 ways to wellbeing mind.org:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

Future learn free health & wellbeing courses:

<https://www.futurelearn.com/search?q=health+%26+wellbeing>

## About LiveWell

LiveWell Dorset is here for your health and wellbeing. We'll guide you to a healthier lifestyle through FREE advice and coaching. Do you want to become more active, lose weight, quit smoking or drink less alcohol? Talk to us. Phone our freephone number on 0800 840 1628 or visit [livewelldorset.co.uk](http://livewelldorset.co.uk) for more information.

### Get Active - Do you want to become more active?

No matter your experience or daily schedule, we'll guide you towards embracing an active lifestyle.

### Lose Weight - Finding it hard to lose weight?

We'll empower you to manage your weight through healthy eating habits and physical activity.

### Stop Smoking - Thinking about quitting smoking?

If you want to escape smoking, but are not sure what steps to take, talk to us.

### Drink Less - Need help to curb your drinking?

Reducing your alcohol intake can do wonders for your health. We'll support you to cut down and drink less.

“LiveWell Dorset gave me the helping hand I needed.  
My clothes are too big and I have had to buy new ones!  
My life has been transformed!” Owen

“LiveWell Dorset empowers me to talk to patients about improving their health.  
It is a tangible offer of support to help people lose weight, drink less,  
quit smoking and take more exercise.” Dr Emer Forde, Poole GP.

### Join Our LiveWell Facebook Group

Our LiveWell Community: A closed Facebook group of more than 2,250 adults in Dorset wanting to get and stay healthy: Search 'Our LiveWell' on Facebook.

### Printed Material

Order free posters, flyers, and more for your department and workplaces:  
[livewelldorset.co.uk/resources](http://livewelldorset.co.uk/resources)

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