

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

If You Don't Know Where You're Going, You'll Probably End Up Somewhere Else.

Setting Goals For Sustainable Change

Perhaps one of the most important ways to set yourself up for success, no matter what your goal, is to clarify what you want to accomplish, why do you want to accomplish it and by when. The more specific you can be, the better it is. Take some time to think about your goals and write them down.

One common way to start to clarify what you hope to accomplish is to set S.M.A.R.T. goals:

Specific. Be as specific as possible.

Measurable. How will you know if you've reached your goal. What criteria will you use to measure your progress?

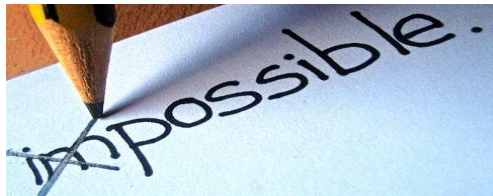
Actionable. What is your plan of action. How will this happen? Do you have a specific, actionable plan in place?

Realistic. If you set your goal too high, you may be discouraged. You want to be sure your goal is challenging, but achievable.

Timely. Set a timeline and stick to it.

Another aspect of goal setting to consider is your commitment level. How committed are you to attain this goal? Do your other life commitments allow for this to happen? What about the people around you? Will your commitment to one goal displace others? These are just a few things to take into consideration when thinking about commitment. The more

committed you are, the more successful you'll likely be.



Here is another exercise to help you clarify your goals and set yourself up for success in achieving them. This exercise uses another acronym, S.U.C.C.E.S. And it will help you provide a model for change. Provide a written reply to the following six categories:

Statement. In positive terms make a statement of what you want and desire to achieve. Only list things that you are working to accomplish. For example, instead of saying "I don't want to smoke and overeat anymore," rephrase it and say, "I want to eat healthy and be a non-smoker." Clarification is crucial for a goal to be achievable. Be descriptive and clarify the elements that are enclosed within the goal.

Undeniable Reality. Identify how you will know when you have achieved your goal. This needs to be done in a way that can be measured and felt. What senses will be involved in knowing whether the goal is achieved? What exactly will be seen? What will be noticed by others and yourself?

Contexts. Identify the specific conditions

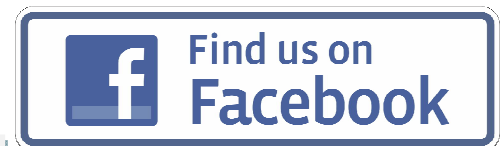
and contexts you want to achieve an "active lifestyle" that provides us with "quality of life." What are the steps between beginning and achieving desired results? What is the timeline for achieving those results?

Congruent with Personal Values. Ensure that you have these particular goals for the right reasons. How will achieving these goals benefit you? How will this affect other people if you achieve these goals? Do the objectives that you have in mind conflict with any of your values?

Ecological. What or who would stop you from achieving your goal? Once we have a goal we don't want anything to sabotage the process of achieving your goal. What are some of the hurdles that stand in the way of you and your goal?

Self Initiated and Maintained. How can I take charge of doing this myself? To obtain and continue to have success, it is important for you to learn and maintain healthy habits. What are some current "poor" habits that you know you can change? What are some "poor" habits you will need assistance with?

Good luck in reaching your set goal!



Support Group Meeting
Thursday
16
Our next bariatric surgery support group meeting is **Thursday, February 16** at 7 pm See you there!
Location: **Conference Center**

Center of Excellence in Bariatric Surgery

The American College of Surgeons (ACS) has recently granted Virginia Hospital Center provisional approval as an "American College of Surgeons Level 1 Accredited Bariatric Center." Accredited bariatric surgery centers provide not only the hospital resources necessary for optimal care of morbidly obese patients, but also the support and resources necessary to address the entire spectrum of care and needs of bariatric patients, from the pre-hospital phase through the postoperative care and treatment process.

