

Goal Setting

Set goals that support you - not pressure you



Successful goal setting isn't about willpower alone – it's about creating the right conditions. Using the COM-B model helps you set physical activity goals that are achievable, supportive, and sustainable.

C – Capability: Can I do it?

Goal-setting tips:

- Break goals into small, manageable steps
- Focus on learning and improving, not perfection

Example:

“I will start with a 10-minute walk because that feels manageable for me.”





O – Opportunity: Do I have the chance to do it?

Goal-setting tips:

- Fit activity into your existing routine
- Use local spaces like parks or community centres

Example:

“I will walk in the park near my home after lunch on Mondays, Wednesdays, and Fridays.”

M – Motivation: Do I want to do it?

Goal-setting tips:

- Choose activities you enjoy
- Focus on how movement makes you feel
- Celebrate progress and small wins

Example:

“I want to feel more energetic and improve my mood, so I will choose activities I enjoy.”

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

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You are not alone. Support is available.