

PACT Goal Framework

Making healthy lifestyle changes can be hard. Did you know that only 8% of people who set a New Year's goal continue to make progress after one month?¹ It's essential to give ourselves grace when working towards improving our health. It's also crucial that we continue to focus on the reasons for our goals. If you can clearly understand the why, then you are going to be more motivated to follow through on your actions.

PACT is a goal-setting technique that stands for Purposeful, Actionable, Continuous, and Trackable.² The PACT framework encourages purpose-driven, sustainable efforts towards your goals. PACT is an especially helpful tool for long-term, ambitious goals because it focuses on continuous growth.

Follow these steps when setting goals and review them frequently:

- 1. Goal:** What is your goal?
- 2. Purposeful:** Why is this goal *meaningful* to you?
- 3. Actionable:** What can you do *now* to make progress towards this goal?
- 4. Continuous:** What is the *next*, simplest step forward?
- 5. Trackable:** Which days this week did you dedicate time and energy to your goal? Ask yourself, did I put effort towards my goal today?

Example of a PACT goal:

- 1. Goal:** What is your goal?
» To increase physical activity to at least 30 minutes of movement five days a week.
- 2. Purposeful:** Why is this goal *meaningful* to you?
» To be able to have the energy and mobility to play with my grandchildren.
- 3. Actionable:** What can you do *now* to make progress towards this goal?
» Today I can go on a walk during my lunch break.
- 4. Continuous:** What is the *next*, simplest step forward?
» Tomorrow, I plan on taking the stairs instead of the elevator.
- 5. Trackable:** Which days this week did you dedicate time and energy to your goal? Did I put effort towards my goal today?

MON	TUE	WED	THU	FRI	SAT	SUN
Yes, I made progress towards my goal today.	No, I didn't dedicate time and energy towards my goal.	Yes	Yes	No	Yes	Yes

¹ Forbes Magazine. (2023). New Year's resolutions statistics 2024. Forbes. <https://www.forbes.com/health/mind/new-years-resolutions-statistics/>

² The PACT method was created by BJ Fogg, PHD. Fogg, BJ. (2019) *Tiny Habits: The Small Changes That Change Everything*. Virgin Books.