Have you ever had a hard time reaching a personal goal? Often we face daily challenges, or even hit a “road block”.

Finding solutions to the challenges you face can help move you closer to reaching your goal and staying on track.

Plan ahead for success!
Here are some ways to brainstorm how to get over these “bumps” in the road.

Your Goal

Ask yourself

What can I do to meet my goal?

What is holding me back from reaching my goal?

Think of ways to overcome the challenge

Make a plan to start reaching your goal

Steps to Success:

1) Write down your specific goal.
2) Think of any challenges that may make it hard to reach your goal.
3) Brainstorm possible solutions to your challenges.

Here are two examples of how to use the Steps to Success:

Example 1:

Goal: I would like to eat at least 2 cups of vegetables each day.

Challenges:
- “I cannot get to the store to buy fruit and vegetables.”
- “Fruits and vegetables cost too much, especially when not in season.”

Solutions:
- Ask a friend or relative if you can go shopping with them.
- Public buses often have reduced rates for seniors during the day.
- Purchase frozen or canned vegetables, and stock up when they are on sale.
- Use senior farmer’s market coupons when foods are in season.
Example 2:

Goal: I would like to be physically active 30 minutes a day, 5 days a week.

Challenges:
- “There is no convenient, safe place for me to walk or do other exercises.”
- “I have physical limitations—muscle, joint, vision, heart, sore feet, etc.”

Solutions:
- Dance around the house.
- Try walking at the local mall.
- Park the car farther away from the store or office and walk a little bit more.
- Rent an exercise video from the library.
- Try chair exercises.

Planning ahead, brainstorming challenges, and creating solutions are helpful steps towards reaching your goal for better health.

Winter Black Bean Soup

<table>
<thead>
<tr>
<th>Servings per recipe: 4</th>
<th>Serving size: 1¼ cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep time: 5 minutes</td>
<td>Cook time: 15 minutes</td>
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</tbody>
</table>

**Ingredients**

- 2 teaspoons vegetable oil
- ½ cup of chopped onion
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 (14.5 ounce) can diced tomatoes, no salt added
- 2 (15 ounce) cans low sodium black beans, drained & rinsed
- 1 cup water

**Directions**

1) Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften, about 2 to 3 minutes.
2) Add chili powder and cumin, cook and stir for 1 minute.
3) Add tomatoes, beans, and water. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.
4) Top off with low fat sour cream and fresh cilantro, if desired.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 1/4 cup (402g)</th>
<th>Servings Per Container: 4</th>
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<tbody>
<tr>
<td>Calories 170</td>
<td>Calories from Fat 20</td>
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<tr>
<td>Total Fat 2.5g</td>
<td>% Daily Value* 4%</td>
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<tr>
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<tr>
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<tr>
<td>Cholesterol 0mg</td>
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<td>Sodium 450mg</td>
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<td>Total Carbohydrate 36g</td>
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<td>Sugars 8g</td>
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<tr>
<td>Protein 8g</td>
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</table>

Vitamin A 20%  +  Vitamin C 40%
Calcium 10%  +  Iron 20%

Cost: $4.73 per recipe  
$1.18 per serving

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.