



Goal Setting



Step 1: Identifying a Goal

Write your specific goal. _____

Goal Checklist (SMART)

- Is the goal specific?
- Is the goal measurable?
- Is the goal attainable?
- Is the goal realistic?
- Is the goal time phased?

Why is this goal important to me? How will this goal help me? _____

Who will I share my goal with for feedback and to help keep me on track?

What healthy activity will I do to celebrate when I reach my goal? _____



Step 2: Create an Action Plan

Goal: _____

Goal Start Date: _____ Goal End Date: _____

Steps I Will Use to Reach My Goal. Include a predicted date of completion. Place a checkmark at the end of each step once completed:

Measurable steps to the goal	Starting and completion dates	What do I need?	Did I achieve it?	Why not? What is my solution?

Who will support me? Write a paragraph about what kind of support I need and who would be the best person to give me support?



Step 3: Barriers/Solutions

As you are working on your goal, you may experience barriers that may keep you from reaching your goal. Write some of the barriers down and what some solutions might be so you can continue with your goal.

Barrier: _____

Possible
Solution: _____

Barrier: _____

Possible
Solution: _____

Barrier: _____

Possible
Solution: _____

