

Wellness Goal Setting

So you want to set a new wellness goal?

It is too easy to say, "I want to be healthy!" but actually living a balanced and healthy lifestyle takes initiative and problem solving. Take 15 minutes to set a wellness goal.

Vision:

My ideal wellness vision is to _____

SMARTIES, a new type of Goal-Writing Practice!

Specific

- Who is involved _____
- Where I will do this _____
- When I will do this _____
- Why I want to do this _____
- How I will do this _____

Measurable

I will track my progress by _____

Action-Oriented

Is my goal action-oriented? Yes ___ No ___

Realistic

Is my goal realistic? Yes ___ No ___

Timely

I will reach my goal by the following date _____

Inclusive

Will this goal cause you isolation from your peers and loved ones? Yes ___ No ___

If yes, what actions will you take to ensure positive relationships? _____

Empowering

On a scale from 1-10, how motivated are you to commit to this goal?

1 2 3 4 5 6 7 8 9 10

What is your driving motivation? _____

Sustainable

Is this an action that provides long term health and quality of life benefits? Yes ___ No ___

If no, what do you need to adjust in order to make it more sustainable? _____

Barriers, Solutions, and Rewards

My potential barriers include

I will work around these barriers by

My healthy reward will be
