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

____________________________________________________________________________