Figure 1. Goal Setting Worksheet

Choose one or two things that you want to accomplish related to your personal health. When choosing your goal(s), be specific.

I want to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How will you know you have met this goal?

What would you consider to be progress toward this goal (what might be some milestones toward meeting your intention)?

What do you think is a reasonable timeframe to meet this/these goals?

Think about the reward of meeting these goals. What will you experience?

Consider the barriers that might prevent you from meeting your goal. What might get in the way of your goals. They are:

What can you do when you face a barrier? How can you overcome challenges to you meeting your goal?

If \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (something gets in my way)

Then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (what I will do to succeed anyway).

If \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (something gets in my way)

Then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (what I will do to succeed anyway).