

# Goal-Setting Worksheet

## WHY

I want to be healthier

### Step 1 – Identify your Why

Powerful motivation will help you overcome obstacles on your journey. Think about “why” you want to live a healthier better life.

*Example:* I want to be healthy for my family.

**My Why:** \_\_\_\_\_

## WHAT

I want to accomplish

### Step 2 – Determine your Goal

Accomplishments like losing weight, lowering blood pressure, and improving overall health take time and are a result of small, gradual changes. Set a goal that you want to accomplish and specify your time frame.

*Example:* I want to support my immune system by improving my pattern of eating over the next two months.

**My Goal:** \_\_\_\_\_

## HOW

I am going to do it

### Step 3 – Choose a Habit

Your habits – what you do on a regular basis – lay the foundation for your health. You reach your goal by working on healthy habits; they are the small steps that help create gradual change. Choose a healthy habit to focus on that will lead to your goal.

*Example:* I will balance my dinners with fruits & veggies, 5 nights a week.

**My new Habit:** \_\_\_\_\_

## ACT

to make it easier

### Step 4 – Make Commitments

Commit to one or two small steps you can take *this* week. Commitments are not the same thing as habits but should help you work on them. Good commitments are very specific actions, and often help you overcome obstacles. Try to make them different each week until you feel like you’ve adopted your new habit!

*Example:* I will cut up my veggies on Sunday for dinner on Monday

**Putting it all together:** I want to be healthy for my family, so I will eat in a way that supports my immune system. I will do this by making a new habit of eating more fruits & veggies. This week, I will make it easier to eat my veggies by prepping them ahead of time.

## My Commitments

It can be helpful to jot down your plan for each week as you work on building new habits. Use this space to track your weekly commitments (specific actions that will make it easier for you to adopt your new habit), and to **see and celebrate your progress!**

Date	Commitment	Did I meet my commitment? *

\*Reflect on what did or did not work; use this feedback as you make your next commitment(s)