



## Goals Worksheet

**Becoming the best version of yourself takes time and patience... and a plan!** Use this goals worksheet to drill down and create your personal journey.

From figuring out what your Best Self looks like (the *You* you strive to be), to understanding your motivations and obstacles, to finally setting specific goals – this exercise will help you lay the groundwork for real change. Take your time and think fully on each question.

I highly recommend that you write or type out your answers and post them in a visible spot! Remember to set new small goals each week to help you progress.

### Create your Wellness Vision

To do this, paint a picture of what you want to be doing, who you want to be, how you want to look, and how you want to feel. This is your ideal Best Self. Don't focus on what you *don't* want, focus on what you DO want!

For example: “At my Best Self, I will be strong and fit. I will feel in control of the food I eat rather than food controlling me. I will be following a flexible healthful eating pattern. I will feel confident in my body.

**Your turn! At my Best Self, I will be....**

## **Motivation: Find your Why**

Why does this Wellness Vision matter to you? Why is it important? Be specific, get personal. Your 'why' needs to be strong enough to help you reach your goals.

Try using this framework: "I want (vision) so that (motivator)."

For example: "I want (to be strong and active) so that (I can play with and be there for my grandkids)." Or "I want to (be in control of my food intake) so that (I can get off of some of my medications)."

**Your turn! I want ...**

## Possible Roadblocks & Strategies

Challenges will pop up, as they always do. It's important to think about what roadblocks may get in the way of your reaching your goal, and what you can do to get past them.

Try using this framework: (Possible roadblock), but I will deal with it by (strategy).

For example: "(I won't have enough time in the morning to make my lunch,) but I will deal with it by (making my lunch at night)." Or "(I have cravings late at night), but I will deal with it by (when I feel a craving coming on, I will either read my favorite book, take a short walk around the house, or drink a lot of water to help get through it.)"

Remember that your strategy might change over time. If one strategy doesn't work, continue to think of new strategies to help until you find one that helps you reach your goals.

**Your turn! List what challenges might pop up for you, and what strategy you could use to help move past it.**

## 3 Month Big Goals

Three months is long enough to achieve these bigger goals but short enough to stay fired up! Make sure these goals are achievable and specific.

For example: “Three months from now I will be eating vegetables at every dinner” or “Three months from now I will be exercising 5 days per week”

**Your turn! Three months from now, I will be....**

## **Small steps. This week's goals**

Breaking down those big goals into bite-sized weekly steps that slowly lead up to your big goals is critical for success. Setting new weekly goals each week that build upon the previous week's goals is critical for progress and ultimately reaching your goals.

For example: If your three-month goal is to be eating vegetables every day at dinner, then your first week your goal may be to eat vegetables at two dinners per week consistently.

The next week reconsider your weekly goals. Which ones do you need to work on again? Which ones did you accomplish so you can build upon them?

**Your turn! This week I will....**

## **Supporting Actions. Make it happen!**

To actually achieve your weekly goals, you have to create an environment ripe for these changes!

For example: To eat more vegetables with dinner, you have to make a dinner plan and purchase the needed ingredients. To bring lunch to work, you have to make a lunch plan, purchase the ingredients, and make your lunch. If you want to drink more water, maybe you need to set an alarm or get a new water bottle to achieve this goal.

**Your turn! What action steps will you need to take to help you reach your weekly goals?**