

Healthy Habits, Healthy Life: A Goal-Setting Worksheet for Wellness Success

The key to achieving your health and wellness goals is beginning to incorporate a series of small, achievable action steps that move you in the direction of your larger, long-term goals.

This decreases the overwhelming feeling of needing to do ALL the things you feel like you “should” in order to be healthy. It also makes it more likely that you will continue with these habits long-term, rather than “falling off the wagon” in a matter of weeks or months.

By beginning with small, achievable actions, it allows you to actually *start* and *keep going*.

You can use this worksheet over and over and over again as you begin to make these goals habits. Begin with one or two at a time. Once these become habit, make a new goal to work on. Before you know it, living a healthy lifestyle will become your new normal.

Begin to see yourself as someone who does these habits and you will soon become the healthy person you want to be!



Healthy Habits, Healthy Life: A Goal-Setting Worksheet for Wellness Success

Write down your long-term health goals. Describe your why:

WHAT: List one thing you feel you can start doing right now to move you in the direction of your long-term goals:

HOW: Write how often you feel you can incorporate this goal each week:

ACHIEVE: Write down at least one thing that will help you achieve this goal:

TIME: Write when, or what time of day you feel you can incorporate this goal each week:

EXAMPLE:

Write down your long-term health goals. Describe your why:

*More energy for my family and things that I love to do
(hike, ski, run, play with kids)*

WHAT: List one thing you feel you can start doing right now to move you in the direction of your long-term goals:

Eat a healthy breakfast with protein, like smoothies

HOW: Write how often you feel you can incorporate this goal each week:

5 days/week

ACHIEVE: Write down at least one thing that will help you achieve this goal:

Set a reminder on my phone, have smoothie ingredients available

TIME: Write when, or what time of day you feel you can incorporate this goal each week:

In the morning, at 7am, while I'm making the kids' breakfast