GOAL SETTING – Health 9

You’ve probably heard hundreds of times that it is crucial to write your goals down. But do you know why this step is so important?

When you put pen to paper you turn your thoughts into something tangible. You can actually see it, touch it, and even smell it if you want to. Your goal is no longer just a thought! It becomes something, which motivates us and makes us work harder to achieve.

1. Choose three goals for the year, one that is personal, one academic and the third health/fitness related. Each goal must be written in a positive manner, in a sentence, and must include a time line. (By January 2015, I will….).

a)

b)

c)

2. List the many possible BENEFITS of achieving each goal (i.e. – I want to workout at the gym at least 2x a week until December 2014– benefits include, feeling better about myself, more energy, time away from work and home to de-stress, weight loss, muscle gain and clothes fitting better) Each goal should have 3 BENEFITS.

Goal #1 –

Goal #2 –

Goal #3 –

3. List potential BARRIERS (reasons you may not succeed) for each of your goals. Each goal should have 3 BARRIERS listed.

Goal #1 –

Goal #2 –

Goal #3 –

4. For each of your barriers, describe your action plan(s) to overcome these barriers. What strategies can you do put in place to be successful. Each goal should have an ACTION PLAN (3 in total) that addresses your BARRIERS

Action Plans for Goal #1 Barriers

Action Plans for Goal #2 Barriers

Action Plans for Goal #3 Barriers