

## My Vision

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Before creating your goal, ask yourself: "Why is this behavior change important to me? What is the "bigger picture" I am working toward? How will I feel when I accomplish this?"

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*ex. 'Spending time with my grandchildren is important to me. I want to stay strong and active so I can participate in family activities.'*

## My Goal

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Remember, a **SMART** goal is:

**Specific:** Name a specific behavior, like 'include 2 cups of vegetables', instead of 'eat healthier'.

**Measurable:** Include an amount, frequency, or duration to your goal, like 'walking for 30 minutes 3 times per week', instead of 'walking more often'.

**Achievable:** Is this goal within your control? Pick an action goal. Remember, you can control your actions, (like eating more vegetables), but not outcomes (like losing 15 lbs).

**Realistic:** How confident are you on a scale of 1-10 that you will be able to achieve this goal? If the answer is less than 7, consider starting with a smaller goal.

**Time-oriented:** Pick a time to do the planned action, like eating vegetables at dinner time, or walking Mon/Wed/Fri after work.

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*ex. I will include 2 cups of vegetables with my dinner 5 times per week, on week nights (Mon-Fri).*

## My Plan

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a) Is there anything I need to do to prepare for my goal?

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*ex. Make sure I have vegetables available by making a grocery list, planning a time to shop, looking up recipes, etc.*

b) What challenges might come up as I'm working on my goal? How will I overcome them?

Barrier	Solution
<i>ex. no time to grocery shop</i>	<i>ex. keep frozen veggies stocked at home for busy weeks</i>

c) When am I going to check in? *ex. in 2 weeks.*

Set a date for yourself to pause and reflect on your progress. If you achieved your goal, take some time to set your next goal. If you didn't completely achieve your goal – don't be discouraged! Ask yourself why. You may need to scale back and start with a smaller goal, or perhaps you need to do a bit more planning. This is an opportunity for reflection and learning!

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