

Goal Setting Sheet

Here are some lifestyle goals as examples. Add to this list any ideas about what a healthy lifestyle could involve for you. You may find you have a lot of good ideas in your head already.

Join a dance class	Drink more water
Take a self defence class	Walk the dog
Eat more vegetables at dinner	Fry less food
Try yoga	Shop from a list only
Plan 5 meals a week	Play social netball
Eat healthy snacks	Eat more slowly
	Use the stairs

Take three of the ideas above that are important to you, and write them as a statement below. For example: "I want to walk more often", "I want to eat more slowly" etc.

1. _____
2. _____
3. _____

Which **one goal**, from the possible goals above, is the *easiest* for you to achieve this week? Write it as a goal statement.

This weeks goal: _____

Is your goal stated **positively**? If not, rewrite your goal stating it positively below.

Is your goal **specific**? If not, rewrite your goal stating specifically what you will do.

Is your goal under your **control**? If not, rewrite your goal so that it is under your control.

Is your goal, or can your goal become, part of your daily life?	No / Yes
Do you believe you can achieve this goal for 6 months?	No / Yes
On a scale of 1 to 6 (1 being easy, and 6 being very hard) how difficult do you think this goal would be to achieve for 3 months?	-----

If you answered 'No' to any of the questions directly above, or you rated the goal you set as a 5 or a 6 for difficulty, then you should reconsider your goal for this week. Remember, a goal which has a powerful effect on your life should be important to your lifestyle, reachable, and maintainable in the long-term. Goals that fall outside these areas are very difficult in the long-term. There are many goals you can set yourself, choosing wisely now will help you achieve consistent success in your future.