

# Set a Goal

Have you been thinking about doing something new to improve your health and wellbeing? Maybe you've tried to break a habit or form a new, healthier one? Changing behaviors can be challenging. Setting goals can help. Use this worksheet to write a goal that can kick start lasting change.

**First, think about some things you'd like to do for your health and wellbeing and write them here:**

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**Next, choose one thing from above and set a goal - Make your goal SMART**

**S**pecific - Say exactly what you want to do. Example: "Eat more vegetables" is more specific than "eat healthy".

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**M**easurable - How you will be able to tell if you are on track? Example: "Eat vegetables two times per day" gives you a number to use for measuring your progress.

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**A**chievable - What action you will take to do the goal? Example: "I will stock my refrigerator with vegetables so I can eat them twice a day"

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**R**elevant - The goal should reflect a larger, long-term goal. Example: "In order to make healthy eating a habit, I will stock my refrigerator with vegetables so I can eat them twice a day"

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**T**ime-based - Decide on a timeframe for the goal. Example: "For the next month, I will stock my refrigerator with vegetables so I can eat them twice a day in order to make healthy eating a habit"

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**Last, write your final goal here:**

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