

# Step 4: Goal Setting

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Before drafting your goals, familiarize yourself with the P.A.C.T.S model! This model will be used to frame all of your goals and has been developed to ensure support of both long and short term goals. Take some time to review each element as you prepare to create your own P.A.C.T.S!

**P**urposeful

Your goals should have a ***purpose***, be meaningful, and hold a large sense of importance to you.

**A**ttainable

The most effective goals are often those that are ***attainable***. Try to choose goals that are realistic and feasible.

**C**ontinuous

Allow for your goals and actions to be ***continuous***, allowing room to adapt and improve upon your goals as you progress.

**T**rackable

Creating goals where you are able to ***track*** and measure your progress improves your accountability and program consistency.

**S**pecific

Goals need to be highly ***specific*** in their objective, steps, and timeline in order to maintain program focus and direction.



# Planning your P.A.C.T.S

As we prepare to set your P.A.C.T.S, we will first establish what dimension of wellness(s) you are addressing and revisiting some of your answers from the previous steps. Feel free to copy and paste any responses that you may have already written.

## EXAMPLE

What dimension(s) of wellness do you want to improve?

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Physical     | <input type="checkbox"/> Social               |
| <input type="checkbox"/> Emotional    | <input checked="" type="checkbox"/> Financial |
| <input type="checkbox"/> Intellectual | <input type="checkbox"/> Environmental        |

Within the areas of wellness that you chose, what specifically do you want to address?

*Set a monthly budget and improve my spending habits.*

Based on your initial thoughts, list some steps you can take to address these areas?

*Speak to a financial advisor, enroll in a class related to finances and budgeting, and track my current finances.*



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What dimension(s) of wellness do you want to improve?

☐

Physical

☐

Social

☐

Emotional

☐

Financial

☐

Intellectual

☐

Environmental

Within the areas of wellness that you chose, what specifically do you want to address?

Based on your initial thoughts, list some steps you can take to address these areas?



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# Making your P.A.C.T.S

In making your P.A.C.T.S, try to answer to the best of your ability. Remember that these goals are for you and you only!

**What are your goals for this program? Break down your goals as specifically as you can.**

I want to improve my financial literacy and better pay off my debt. In order to do this, I am going to speak with my financial advisor at my bank on a monthly basis and have enrolled in an online course that teaches financial basics. Additionally, I am going to start tracking my spending and setting a budget for the month. Based on my budget, I am going to make sure that I am consistently contributing to paying off my loans.

Are your goals...

Purposeful? **Y** ☒ **N** ☐

Specific? **Y** ☒ **N** ☐

Attainable? **Y** ☒ **N** ☐

Trackable? **Y** ☒ **N** ☐

Continuous? Can you adapt and add on to the goals as you progress?  
**Y** ☒ **N** ☐



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Trackable? **Y**☐ **N**☐

Continuous? Can you adapt and add on to the goals as you progress?  
**Y**☐ **N**☐



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