

Goal Setting



Step 1: Identifying a Goal

Write your specific goal.	
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Goal Checklist (SMART)	
☐ Is the goal specific?	
☐ Is the goal measurable?	
☐ Is the goal attainable?	
☐ Is the goal realistic?☐ Is the goal time phased?	
is the goal time phased?	
Who will I share my goal with for feedback and to help k	eep me on track?
English or attractile special vices and a	
What healthy activity will I do to celebrate when I reach i	my goal?
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Step 3: Barriers/Solutions

As you are working on your goal, you may experience barriers that may keep you from reaching your goal. Write some of the barriers down and what some solutions might be so you can continue with your goal.

Barrier: Possible				
Solution:				
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	achieve h?			
Barrier:				
Possible Solution:				
Barrier:				
Possible				
Solution:				
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