

Well-Being Program Nutrition Support

Goal-Setting Strategies

Setting attainable goals is key to developing healthy habits and the first step to achieving and maintaining optimal health. If you're not sure where to start, follow the steps below.

Set SMART Goals

- Set small, measurable goals that are realistic. Consider applying the **SMART** goal-setting principle: **Specific, Measurable, Attainable, Realistic (relevant), and Timely** (e.g., walk 10,000 steps each day for the next 30 days).
- **Avoid tackling too many goals at once.** Start with one or two goals and build on those goals once you've achieved them.
- **Focus on behavior change instead of results.** When we focus more on the outcome (e.g., weight loss or lower blood pressure) rather than the behavior changes needed to reach that outcome, it's easier to fall back into old habits.
- **Surround yourself with support.** Share your goals with those close to you or find like-minded individuals who share similar goals. Social support creates accountability, making you more likely to stick to your goals.
- **Celebrate your successes (the small ones and the big ones).** Allow yourself to indulge in a healthy reward, to keep yourself motivated.
- **Implement goal-setting strategies.** Setting attainable goals is key to developing healthy habits and the first step to achieving and maintaining optimal health. If you're not sure where to start, follow the steps below.

Prioritize sustaining new behavior changes; you may even exceed the outcome you expected.

- **Make time for yourself.** Schedule personal time dedicated to your goals just as you would a meeting or an appointment. Set calendar reminders to help keep on track.
- **Track your progress.** There are several free apps available that offer simple and convenient tools you can use to track progress and celebrate milestones. Coach.Me, Done, Productive, Strive, and Remente. If you prefer tracking your goals on paper, use the goal tracking worksheet provided on the next page.

SMART Goal Check List

- SPECIFIC:** Define your goals for healthy living and finding balance in clear, direct language.
- MEASURABLE:** Track your progress.
- ATTAINABLE:** Make your goal realistic and work up to them. Change takes time.
- RELEVANT:** Make your goals meaningful to you, like losing weight or improving your self-image.
- TIMELY:** Set a clear time-frame for reaching your goals.



Well-Being Program Nutrition Support
Goal-Setting Worksheet

GOAL:

BARRIERS COULD BE:

Complete By: _____

**THIS GOAL IS IMPORTANT
TO ME BECAUSE:**

**HOW WILL I FEEL WHEN I REACH
THIS GOAL:**



**Well-Being Program Nutrition Support
Action Plan**

ACTION/TASK

TARGET DATE

COMPLETED DATE
