

GOAL SETTING WORKSHEET

Define what you're working toward — and why it matters

Program Resource

Putting your goals in writing serves as a powerful reminder of what you want to accomplish. In order to get and stay healthy, it's critical to know why it's important to you.

Write your goals as if they are already accomplished. For example, if your goal is to lower your A1C, write: "I lowered my A1C to 5.1."

What Drives Your Desire to Be Healthy?

Is it because you're in pain, tired of feeling sick, or not feeling your best? Is it because you want to do the work you love, be with the people you care about, or see your grandchildren grow up?

Whatever it is — write it down and look at it daily.

My motivation is:

My Health Goals

Goal 1:

This is important to me because...

Goal 2:

This is important to me because...

Goal 3:

This is important to me because...

Dream Big

Don't hold back. The clearer and more personal your goals, the more powerful they become as motivation.

Look at this worksheet daily. Even a quick glance each morning reminds your brain of what you're working toward — and makes it easier to make choices that align with your goals.

Date: _____