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## Wellness U – Goal Setting Form

Remember to use your **S.M.A.R.T** skills to create your goal!

**Specific** - Set a clear, achievable goal.

**Monitor** – Keep track of what you do.

**Action orientated** – Arrange your world for success.

**Recruit** – Recruit a support team.

**Treat yourself** – reward yourself when you do the health behavior you targeted

### **Personal Goal:**

I want to \_\_\_\_\_

\_\_\_\_\_

Because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Action Steps:

1)

2)

3)

4)

5)

**How Confident am I that I will achieve my goal?** \_\_\_\_\_

(0 not confident to 10 very confident)

Once completed, refer to this page on a regular basis to help keep you motivated.