



live well be well

WELLNESS UNIVERSITY

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.