My Goals

Below is a worksheet to help you outline your wellness goals. You may want to post it in a place where you will see it often (for example, on the refrigerator). This way, you can make a regular habit of reviewing your goals and tracking your progress. You should also consider bringing this sheet to appointments where you and your health care provider(s) can review and discuss your goals, your progress, and any changes needed.

Which wellness goals are most important to me?

Goal 1: _____________________________________________

Goal 2: _____________________________________________

Goal 3: _____________________________________________

What is my time frame to address these goals?

Goal 1: _____________________________________________

Goal 2: _____________________________________________

Goal 3: _____________________________________________

How can I work toward achieving them?

Goal 1: _____________________________________________

Goal 2: _____________________________________________

Goal 3: _____________________________________________
Goal-Setting Worksheet

My Goals

What obstacles might I face?

Goal 1: ________________________________

Goal 2: ________________________________

Goal 3: ________________________________

Who can help me?

Goal 1: ________________________________

Goal 2: ________________________________

Goal 3: ________________________________

How will I track progress?

Goal 1: ________________________________

Goal 2: ________________________________

Goal 3: ________________________________

Questions? Concerns?
Never hesitate to ask. You have a right to know everything about your health and your care.