



My Short and Long-term Goals

(Initial Goal Planning Questions)

Name: _____ Date: _____

Establishing short-term and long-term goals will increase your success with the design and implementation of your specific program. It must be understood, however, that in order to achieve true health and wellness, you must establish comprehensive lifestyle changes; quick fixes and vague goals will not be effective in creating long-term benefits. This means that you will need to review the way that you manage all aspects of your life and be open to making appropriate changes. One effective way to increase success is by using the SMART approach to setting goals. **SMART** goals are those that are *specific, measurable, action oriented, realistic, and timed*.

To help you establish SMART goals, please answer the following questions related to your goal:

1. What do you want (State your goal in positive terms)?

2. What will achieving your desired goal do for you? _____

3. What is the reason for addressing this goal NOW? _____

4. What specific steps do you think are needed to achieve your goal? Include approximate date or time frame to accomplish each step.

a. _____ by _____ (date).

b. _____ by _____ (date).

c. _____ by _____ (date).

d. _____ by _____ (date).

e. _____ by _____ (date).

f. _____ by _____ (date).

g. _____ by _____ (date).

h. _____ by _____ (date).

i. _____ by _____ (date).

j. _____ by _____ (date).

5. How will you measure your progress toward your goal? _____

6. When do you expect to achieve this goal? _____

7. Who will you share this goal with? _____ Relationship: _____

8. How will this affect other aspects (or people) in your life? _____

9. Do you care how it affects others? _____ Why or why not? _____

10. How will you know you have achieved your goal? _____

11. What have you tried before in an effort to achieve your stated goal? _____

12. With what you have tried previously, what did or didn't work? _____

13. What stops you from having this goal already (barriers)? _____

14. How might you overcome these barriers to your success? _____

15. What resources do you already have that will help you obtain your desired outcome? _____

16. What additional resources do you need to obtain your goal? _____

17. Where will you acquire the additional resources? _____

18. How will you reward yourself for achieving your goal? _____

By taking the time to thoughtfully complete the above questions you will be better prepared to undertake the steps necessary to successfully achieve any goal that you may desire.

My Commitment to Improved Health

I, _____ (Name), am contracting with myself to _____ (Main Goal) as a means of creating a program of lifelong health and wellness. My program will start on _____ (Date). During this period, I will work toward accomplishing the following specific short-term and long-term goals so that I may effectively and efficiently achieve my main goal:

1. **Short-term goals** (Usually can be accomplished in under 1-2 months):

- a) I want to _____ from _____ to _____ by _____ (date).
- b) I want to _____ from _____ to _____ by _____ (date).
- c) I want to _____ from _____ to _____ by _____ (date).
- d) I want to _____ from _____ to _____ by _____ (date).
- e) I want to _____ from _____ to _____ by _____ (date).
- f) I want to _____ from _____ to _____ by _____ (date).
- g) I want to _____ from _____ to _____ by _____ (date).

2. **Long-term goals** (Usually can be accomplished in greater than 2 months):

- a) I want to _____ from _____ to _____ by _____ (date).
- b) I want to _____ from _____ to _____ by _____ (date).

3. **Rewards** - As a result of accomplishing my goals, I shall reward myself with the following:

- a) _____
- b) _____
- c) _____

(Signature)

(Date)

By signing below, I am openly offering my support and willingness to hold accountable the above named individual with his or **Commitment to Improved Health**.

(Support Person's Signature)

(Date)