Goal-Setting

PeerSupport
wellness program

Name: _____   Date: _____

Part I: Make it about you

1. Fill in the blank:

> "I am living with
>
> _____."
>
> Chronic condition
>
> *(Examples: "COPD" or "Type 2 diabetes")*

2. Think about three reasons you want to be healthier. Fill in the blank: "I want to _____."

(Examples: "walk up 2 flights of stairs" or "have more energy")

3. List 3 changes you could make to be able to do those things more easily.

(Examples: "quit smoking" or "lose 5 pounds")

↓

4. Of these 3 changes, circle the one you want to work on for the next 6 weeks.

Part II: Make it clear

1. Look at the change you circled. Use these questions as a guide to make your goal clear.

How much will I do?

How often will I do it?

When will I do it?

Where can I do it?

Part III: Make sure you CAN and WANT TO do it

1. Put it altogether and write down a draft of your goal:

   (Example: "I will complete a 3 mile walk around my neighborhood in February")

2. For your draft goal, answer YES or NO to the following 3 questions:

Is this possible to do in 6 weeks?	Will this be easy to keep track of?	Even if it's hard, do I know I can do it?

   * If the answer to any of these questions is "No," speak to a peer leader.

3. Make it official! Fill in the blank:

My goal!

"Over the next 6 weeks, I will _[GOAL]_ _____

_____ ."