

**LIVE
FEEL
BETTER**



PRIORITIZE YOUR HEALTH

Get a healthy start to your year by creating a **SMART** goal. Identify a healthy habit you'd like to prioritize this year and make a plan to take steps that can set you up for success.

HOW TO CREATE SMART GOALS

SPECIFIC: Clearly state what you want to accomplish.

GENERAL GOAL: *"I want to exercise and get in shape."*

SPECIFIC GOAL: *"I will walk on the treadmill at the gym three times per week at 7 a.m. to get in better shape."*

MEASURABLE: Make sure you can track your progress.

GENERAL GOAL: *"I want to lose weight."*

SPECIFIC GOAL: *"I want to lose 10 lbs and will aim to lose .5 to 1 lb per week."*

ACTION-ORIENTED: Identify specific actions to reach your goal.

GENERAL GOAL: *"I want to be less stressed."*

SPECIFIC GOAL: *"I will attend a stress relief workshop every Thursday."*

REALISTIC: Think big but make sure it's achievable!

GENERAL GOAL: *"I am going to stop eating all sweets and sugars."*

SPECIFIC GOAL: *"I am going to limit dessert to twice per week."*

TIMELY: Set monthly milestones to help you work on this goal all-year.

GENERAL GOAL: *"I want to lose 10 lbs."*

SPECIFIC GOAL: *"I want to lose 10 lbs by 2022. I'll aim for at least 1 lb a month."*

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GOAL WORKSHEET

FOCUS ON GOALS THAT MATTER MOST TO YOU

The New Year is often associated with resolutions that are lofty and unrealistic. These goals are let go of by February. This year – spend time being intentional with your healthy habit goals. Choose health priorities that are most meaningful to you and get support to work on that goal all-year long. Learn more at sfhss.org/lfb2023.

IDENTIFY YOUR SMART GOAL

I will _____
(What do you want to accomplish?)

because _____
(What is your motivation?)

I will know I reached my goal because _____
(How will you measure?)

My actions that will help me to reach this goal are:

Some of the challenges that I anticipate are:

(Schedule an appointment with a Lifestyle Coach)

My goal is realistic because:

- | | |
|---|--------------------------------|
| <input type="checkbox"/> I have a reliable support system | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I am motivated to see it through | <input type="checkbox"/> _____ |
| <input type="checkbox"/> I am focused and I have a plan | <input type="checkbox"/> _____ |

The time frame in which I will reach the goal is: _____