

Goal Setting Tool

Complete and track your plan on your own, or with someone who supports you such as a health care provider, family, or friend.

Example:
I want to be able to travel when I am older and be an active grandparent.

1 - Define a clear vision

What is the 'big picture' of what you want to feel like, be like, and be able to do?

My vision: I want to _____

2 - Set goals

Examples:
Increase my physical activity.
Improve my eating habits.
Get more sleep.

What changes do you need to make in your life to reach your vision?

I want to work on (Behaviours: observable, measurable, something I can do):

- Physical Activity Healthy Eating Stress Management Other _____

List your behaviour (s) _____

Examples:
Walk
Eat vegetables
Create a sleep schedule.
Meet with a friend.

Create a SMART goal

- S**pecific: Be clear, (when, where, how).
- M**easurable: How much and how often?
- A**ction-orientated: A behaviour that you can control.
- R**ealistic: Are you at least 70% confident you can do this?
- T**ime Framed: How long might it take to achieve your goal?

My SMART goal:
I will _____



Examples:
I will walk to my mailbox each day.
I will eat one vegetable at lunch and supper.
I will go to bed at 10 pm each night.
I will meet a friend to go to a movie once a week.

3 - Develop an action plan

My Action Plan

This week I will:

What: _____

When: _____

Where: _____

How much: _____

How often: _____

Support: _____

Example:
What: I will walk briskly to my mailbox.
When: Between noon and 5pm.
Where: To mailbox and back home.
How much: 10 mins
How often: Monday to Friday
Support: Record in my calendar when I complete my walk. Check the weather and have a raincoat.

How confident are you?

0 1 2 3 4 5 6 7 8 9 10

Not at all **Very**

If you do not choose at least a 7, consider making your goal easier

Visit www.HealthyNS.ca for more goal setting support.

