

# GOAL SETTER

NAME:

DATE:

GOAL

OBSTACLE

SOLUTION

TOP THREE CONSISTENT ACTIONS I WILL TAKE:

1

2

3



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# TIPS FOR SETTING – AND REACHING – YOUR GOALS

We developed this chart because, for every obstacle to your goals, there is also a solution - and we want to help you focus on the solutions. This is a simple, visual way to keep track of your goals, the top consistent actions you will take to help you reach them – and the solutions to any obstacles you may face along the way.

Here's how to use it to help achieve your goals:

1. Print the sheet.

2. Write down up to four health-related goals, any obstacles you can think of that might get in the way, and how you will overcome those obstacles. Then write some consistent actions you will take every day or every week in order to get you closer to reaching your goals. The particulars will look different for each person, but here is one example:

- Goal: Workout 5x per week
- Obstacles: Not motivated, not enough time
- Solutions: Get a virtual workout buddy or personal trainer. Find efficient workout and carve out a regular time to do it each weekday.
- Consistent Action: Show up at scheduled work out times and exercise for a minimum of 15 minutes.

3. Post it in a prominent place to keep your goals, solutions, and consistent actions in mind! Whenever you meet one of your obstacles, remember the solution you listed for that obstacle and follow through.

4. At the end of each week, reflect. Consider whether the solutions have been helpful for your obstacles or if you need to find new ones. Gives yourself a pat on the back for your successes and identify areas for improvement next week.

5. Repeat the whole process over again, (perhaps) tweaking your goals, solutions, and consistent actions, or adding new ones as you go.

6. Let us know if you have any questions!