



Setting Your Goals

A goal can be such a motivating thing when there is a strong reason behind it. So, let's focus on that first.

Your WHY

Why do you want to create this healthy lifestyle? What will it do for your life?

Name at least 3 ways that you want to feel.

Your GOAL

As you fill in this template to reach an end phrase, you may need to readjust to make it all fit together in a way that makes sense for you.

S - Specific: What do you want? _____

M - Measurable: How much or how will you know? _____

A - Attainable: You can reach this goal by: _____

R - Realistic: is all of this realistic? _____

T - Timely: When do you want to reach this goal by? By the end of this program

Write it out: Put your SMART goal together in a full, easy to remember and repeat sentence.

Now, write all of this somewhere you will see it often. Repeat it to yourself. Remember it on days where you're tired, busy or bored. You've got this!