



Setting a Wellness Goal

Use your Health Risk Assessment report to help clarify your health risks and needs for health improvement.

Ask yourself:

What is important to me as it relates to my health?

What do I truly want?

There may be many areas that you would like to work on, but it is best to select one goal at a time. Take the time to think and explore. You may want to make a list of the reasons this area is important to you.

Ask yourself:

What needs to happen for me to fit this into my life?

What is my first step?

Make your goal SMART.

Specific

Measurable

Attainable

Realistic

Time specific

Take the time to write out your goal and your plan of action.

My Goal

My Action Plan

Steps to Achieve Your Goal:

- Write down your goal.
- Put notes around to remind you of your goal.
- Keep a log to monitor your progress and see how far you've come.
- Keep your goal a priority.
- Tell someone else about your wellness goal.
- Reward yourself along the way.

Achieving your goal takes time.

- Give yourself permission not to expect perfection.
- Take one moment... or one day at a time.
- Change is a process.