

First of all, what are goals?

Setting Goals helps us keep accountability to help us achieve something, they bring clarity and a sense of order in the form of a number of small challenges to success.

For this reason, goals need to be **SMART**:

Specific: what do you want to achieve

Measurable: how are you going to measure your progress and successes?

Attractive: a goal that is not attractive will not be achieved

Realistic: don't set your sights too high, be realistic about what you can achieve.

Time-Framed: set a time you want to achieve your goal by.

So how do you get started?

First of all you need to create a vision, this is a picture of the way you see yourself living when you have put into practice healthy behaviours and changes that will achieve your goals.

My Vision (are to change) is : _____
(Please see Creating a vision worksheet at end of document)

In order to successfully achieve this vision now think about your strengths, any obstacles that could get in the way (also sometimes known as excuses) and strategies for overcoming obstacles

3 monthly goals

On way to achieving your desired vision you will need to set three, 3 monthly (quarterly) goals. These goals will generally be a new set of behaviours you will be doing consistently in 3 months (avoid numerical goals as this can set you up for failure) and apply a confidence rating to each goal.

A good 3 monthly goal is: I will be walking everyday in 3 months time, I am 80% confident I can achieve this.

*Note anything under 70% please rethink your 3 monthly goal

My 3 monthly goals are

- 1.
- 2.
- 3.

Weekly goals

These goals are actions or behaviours you want to achieve in the next week and are stepping stones to your 3 monthly goals.

ie. On Monday I will walk 30 minutes in the afternoon

Resources: Wellness Coaching Australia, Fiona Cosgrove

www.wellnesscoachingaustralia.com.au

Creating a Vision WorkSheet

Area to change: _____

Area to change (Nutrition, Exercise, Weight Control, Stress Management etc)	ANSWERS
If this area was better what would you be able to do that you aren't doing now?	
How would you feel about yourself?	
How would that affect the people around you?	
What is stopping you from getting there?	
How long has this been going on?	
What have you done to try and change?	
What is the cost of not changing?	
How do you feel about that?	
If nothing changes, what impact will this have on you?	
What do you want to do about this?	