



Name: _____

Date: _____

Creating a Goal Statement

Personalized & Impactful Goal Statement

1. My whole health & resiliency goal is:

2. I believe the **EMOTIONAL BENEFITS** of completing my goal would be:

3. I believe I am **READY** to do this because:

4. **WHY** – “in order to...” (explain why you want to achieve this goal)

5. **WHAT** – (What are you going to be doing on a regular basis to create a new, healthy habit)

6. **WHEN** – “by...” (8 weeks from now)

| Ask yourself if your initial goal statement is: | Y | N |
|--|---|---|
| Improve – Does accomplishing the goal improve the quality of my health and resiliency? | | |
| Measurable – Is it measurable so you know when you’ve completed it? | | |
| Positively Stated – Is it stated as something NEW that you want to add to your life? | | |
| Achievable – Is it achievable for me in my present situation & with my current abilities? | | |
| Action – Does it required action that I must do on a regular basis in order to create healthier habits? | | |
| Time Limited – Is it specific to when I plan to accomplish it? | | |

7. If you answered “NO” to any of the six questions, ask for help in writing a second draft of you goal statement for **GREATER IMPACT!**

My BETTER Goal Statement is:
