



# SETTING GOALS FOR A HEALTHIER FUTURE



## Instructions:

Setting goals can help you make positive changes in your life. Goals give you something to work toward and help you take control of your future. Use this worksheet to think about what you want to achieve and the steps you can take to make it happen.

## WHAT'S IMPORTANT TO YOU?

Before setting goals, it's good to think about what really matters to you. Circle the words that stand out or write your own.

- Health
- Family
- Friends
- School or education
- Happiness
- Being independent
- Confidence
- Trying new things
- Building good habits
- Helping others
- Other: \_\_\_\_\_

## DREAM BIG!

Imagine what your future could look like. What do you want to achieve? How do you want to feel? Write down a few dreams or goals you have—no goal is too big or small!

Goal #1:

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Goal #2:

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Goal #3:

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## FOCUS ON ONE GOAL

Pick one goal from above that you want to focus on right now. Make it specific—like, instead of saying "I want to be healthy," try saying "I want to exercise three times a week."

My Goal: \_\_\_\_\_

## WHY DOES THIS GOAL MATTER?

Think about why this goal is important to you. Understanding the "why" behind your goal can keep you motivated, even when things get tough.

- Why this goal matters:

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## BREAKING DOWN THE STEPS

What are some small steps you can take to move closer to your goal? Write down a few easy actions that can help you get started.

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

## WHAT MIGHT GET IN THE WAY?

Every goal has obstacles. Think about what might make it harder to reach your goal (like getting distracted, feeling tired, or losing motivation). Write down any challenges you think could come up.

### Possible Obstacles:

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## PLANNING FOR OBSTACLES

For each obstacle you wrote down, come up with a plan for how to deal with it. Being prepared can help you stay on track!

Obstacle #1: \_\_\_\_\_

Solution: \_\_\_\_\_

Obstacle #2: \_\_\_\_\_

Solution: \_\_\_\_\_

## CHECKING IN WITH YOURSELF

Set a date to check in with yourself to see how you're doing. Maybe check back in two weeks or a month from now.

- Check-in Date: \_\_\_\_\_

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1332 MAIN ST  
DICKSON CITY, PA 18519  
570-397-0285  
PATEENSRECOVER.COM