



POSITIVE PATTERNS FOR LIFE

Master Goals Sheet

This Master Goals Sheet will take you through a 4-step process. First, you will identify where improvements are needed concerning your mind, body and soul. Second, you will choose actions you can take to make those improvements. Third, you will write a SMART goal for each action. Fourth you will write your SMART goals on your Positive Patterns for Life Goals Chart.

FIRST ... IDENTIFY AREAS FOR IMPROVEMENT

Are you striving to achieve optimum health? Have you identified that there is room for improvement with any of the 6 pillars of health in your life? Do you have a solid foundation of health to support your 6 pillars? Are there any health conditions that you would like to try to manage better by implementing natural interventions? Do you have harmful habits you would like to stop (i.e. smoking, excess alcohol consumption, video game addiction, etc.)?

After you decided how you will answer these questions, place checkmarks by each area you would like to improve upon. Write a brief description, by each check marked item, about healthy changes you are hoping to make.

- Eat Healthy

- Get Moving

- Think Positive

- Manage Stress

- Detox Your Body

- Get Quality Sleep

- Relationship with God

Health Conditions

Harmful Habits

Other Areas Not Listed Above

SECOND ... CHOOSE IMPROVEMENT ACTIONS

Use the chart below to make a list of actions for each area that you would like to improve upon.

Area	Improvement Action
i.e. Eat Healthy	i.e. Take a multivitamin and a calcium supplement

THIRD ... WRITE SMART GOALS

Choose 2 to 4 improvement actions to start working on. You are going to write a SMART goal for each action using the format below. If you need more detailed information about writing effective goals, refer to the Hawthorn University handout "SMART Goal Setting."

EXAMPLE	Goal # 1	Start Date: 1/1/2015	Area: Vitamin/minerals
Specifics: Take a chewable multivitamin and calcium supplements every day at dinner time Measurable: Buy a 3 month supply for each supplement Attainable: Don't like to swallow pills, so will be more apt to take chewable supplements. Will need to wait till pay day to have money to buy the supplements. Realistic: Yes if I keep the supplement on the kitchen table where I will see them and remember to take them. Timeline: Do this for 3 months Will utilize the habit support tool(s) with this goal: <input checked="" type="radio"/> goals chart <input type="radio"/> journal <input type="radio"/> food/activity log <input type="radio"/> positive affirmations <input type="radio"/> visualize success <input type="radio"/> Other:			

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FOURTH ... WRITE SMART GOALS ON GOALS CHART

Choose up to 4 health goals to add to your Positive Patterns for Life Goals Chart. If you are choosing to start with big habit changes, only choose 1 or 2 goals to start with. If you decide to start with small habit changes, you can write up to 4 goals on your chart (i.e. like taking a multivitamin every day or going to bed an hour earlier). It is important to start with small habit changes. Big changes can quickly become overwhelming and cause a person to abandon a new health improvement plan. Starting with a few small changes makes the plan doable and believable and therefore achievable. Small changes are easier to achieve. When we achieve our health habit goals, we experience success. Success makes us feel good and motivates us to keep moving forward.

Now, you are ready to begin your exciting health improvement journey to optimal health. Hold on to this goals worksheet because in 3 weeks it will be time to choose another health goal to add to your goals chart. Every three weeks you will have the opportunity to choose additional health goal to add to your goals chart.