Time for a Change

What is your most important goal related to health/fitness/wellness?

Why do you want to achieve that goal?

What do you think you will feel like when you reach this goal?

What major obstacles are in your way?

List three to five specific short-term goals that will help you to achieve your long-term goal. (ie, exercising for 30 minutes/day or cutting out bedtime snacks).

List five ways that you could keep yourself motivated on especially hard days.

How will you reward yourself when you reach your short-term goals? What about when you have achieved your long-term goal?

Who will you call for support when you are having a tough time sticking to your plan?