**Setting a Wellness Goal**

Use your Health Risk Assessment report to help clarify your health risks and needs for health improvement.

Ask yourself:
- What is important to me as it relates to my health?
- What do I truly want?

There may be many areas that you would like to work on, but it is best to select one goal at a time. That is the reason knowing what is most important to you is so crucial. Take the time to think and explore. You may want to make a list of the reasons this area is important to you.

Ask yourself:
- What needs to happen for me to fit this into my life?
- What is my first step?

Make your goal SMART.
- **S**pecific
- **M**easurable
- **A**ction-oriented
- **R**ealistic
- **T**ime specific

Take the time to write out your goal and your plan of action.

My Goal

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________
My Action Plan

Steps to Achieve Your Goal:

- Write down your goal.
- Put notes around to remind you of your goal.
- Keep a log to monitor your progress and see how far you’ve come.
- Keep your goal a priority.
- Tell someone else about your wellness goal.
- Reward yourself along the way.

Achieving your goal takes time.
Be patient.
You are making lifestyle changes.
Give yourself permission not to expect perfection.