
SET YOUR GOALS



Be Well

DISCLAIMER

Before beginning any exercise or nutrition program, it is important to consult with your healthcare provider.

The information provided by the Wellness Navigator is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

The Wellness Navigator is not a licensed healthcare provider and does not have the authority to diagnose or treat any medical conditions. The client assumes full responsibility for any risks, injuries or damages, known or unknown, which may occur as a result of participating in this program.

The client assumes all risks associated with participating. By participating, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.



GOAL SETTING 101

Just as a solid foundation supports a sturdy house, setting meaningful goals empowers us to lay the groundwork for lifelong well-being. Let's go through the following questions.

01

Define Your Goals!

Take a moment to reflect on what you want to achieve. Are you looking to become more resilient, get into better shape? Whatever your aspirations may be, write them down here. Be specific, measurable & realistic in your goal setting to set yourself up for success.

02

Establish Your "Why"

Understanding the reasons behind your goals is crucial for maintaining motivation and commitment. Consider the deeper purpose driving your desire for change. Is it to boost your confidence, feel more energized, regain control of your health?

03

Break It Down

Divide your journey into smaller milestones. By setting achievable targets along the way, you'll experience a sense of progress and accomplishment. For example, aim to increase the steps walked or the number of reps completed each week.

SMART GOALS

WHEN SETTING YOUR GOALS, BE SURE IT FOLLOWS THE SMART STRUCTURE, USING THE QUESTIONS BELOW AS A GUIDE.

S	SPECIFIC WHAT DO I WANT TO ACCOMPLISH?	
M	MEASURABLE HOW WILL I KNOW WHEN I'VE ACCOMPLISHED IT?	
A	ACHIEVABLE HOW WILL THE GOAL BE ACCOMPLISHED?	
R	RELEVANT IS THIS RELEVANT TO MY GOAL?	
T	TIMELY WHEN WILL I ACHIEVE MY GOAL?	