

# Goal Setting 101

## part one: your wellness vision

Consider the following. Imagine yourself one year from now. How do you picture your life? Where do you spend your time? Who do you spend your time with? How do you feel? Why do you think you feel that way? What would it take for you to feel your best, happiest, healthiest self? What needs to change between now and then? What do you love about your life? What keeps you on track and working toward your goals? Consider what motivates you. What kind of exercise do you do? How do you feel about your body? If you were successful at meeting a goal in the past, what did you do that made you successful. What do you LOVE about your life??



Now write your vision on the following page. Be sure to write in the present tense. Get as specific as possible. Take at least 5-10 minutes to close your eyes and truly dream about your future life.



*one year from now I will.....*

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## part two: your short-term goals

Next up we have the 3 month goals. Think about your wellness vision and what it will take to get there. Now, consider what behaviors, actions, and habits you will need to work on. For example, if in one year you want to be able to run a half marathon, your three month goal could be signing up for and running a 5 or 10k. Write no more than 3 three-month goals. Make sure each one is a specific behavior that you will be able to measure. More specific= more success. Think about what you want to be doing consistently in three months.



*In three months I will.....*

1. ....  
.....

2. ....  
.....

3. ....  
.....  
.....



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## part three: your weekly goals

Finally, you will write your weekly goals. This is breaking your vision down even further, and coming up with the specific steps it will take to help you get to where you want to be. Make sure your goal is VERY specific and include the number of times/days you will do your goal. To continue with the running example, we could make a goal to walk/jog 3 days per week for 30 minutes. In order to be successful, it's important to not do too much at once. Set no more than three weekly goals. I recommend starting only one new habit at a time.

*This week I will.....*

