

## Resident - Goal Setting Worksheet

### Example

Goals can be created on a number of levels: First, set the "big picture" of what you want your life to be like; Second, identify the larger-scale goals that will help move you closer to the life you want to live; Third, break these down into smaller and smaller steps that you need to take to reach your big picture. Then all you need to do is start working on them and before you know it, you'll achieve them!

Below is an example to help get the goal setting process flowing:

### Big Picture Goal:

Example: Be healthy and active so that I can enjoy doing activities with my family.

### How Will I Achieve This?

Example: Lose weight. Exercise more. Make time for activities. Save for family vacation.

### Smaller Goal:

Example: Lose 5 pounds in one month.

### Where am I now?

Example: I am 40 pounds over my desired weight.

### This is what I'll do to start working toward my goal:

Example:

I'll take a 30-minute brisk walk 5 days a week at lunchtime.

I'll switch to diet soda and water instead of drinking regular soda and sweet tea.

### This is when I'll do it:

Example:

During the week, I'll walk for 30 minutes during my lunch hour.

Every meal – and between.

### This is what I need to get ready:

Example:

I'll need comfortable walking shoes.

I'll need to buy diet sodas.

## **Resident - Goal Setting Worksheet (continued)**

### **This might get in the way of my plan:**

Example:

If it's raining, I won't be able to walk outside.

I might run out of diet soda.

### **If that happens, I'll do this instead:**

Example:

I'll go to the recreation center or mall and walk around inside.

I'll plan ahead to make sure that I don't run out or I can drink water instead.

### **This is when I'll start:**

Example: I'll start working toward both of these goals on Monday.

### **This is how I'll reward myself (try to stay away from rewards that involve food):**

Example: I'll go to the movies if I stick to my plan for the next month.

### **Once you've reached your first goals, set more to work towards your "Big Picture"!**

Example of next steps:

I will walk for 40 minutes instead of just 30 minutes, 5 days a week.

I will change my afternoon snack from cookies to fruit.