

Have a Health Goal?

Success begins with small steps....



STEP 1 My health goal:

Choose something that you **WANT** to do and think you **CAN** do in the next 3 to 4 months. Write your goal in positive words.

I will achieve my goal by:

.....
Example: I will walk the Terry Fox Run on September 19th

STEP 2 Reasons why my goal is important to me:

Think about why this goal is important to you.

.....
Example: I want to be a good role model for my family

STEP 3 Some healthy changes I can make to achieve my goal are:

Think of some **SMALL** changes that you can make that will help you to achieve your goal.

.....
Example: I could start going for a walk on my lunch break

STEP 4 The healthy change I choose to make first is:

- Choose a healthy change from step 3 that you are **READY** and **ABLE** to try in the next week. Plan out exactly what you will do.
- This should include **WHAT** you are going to, **WHEN/WHERE** you are going to do it, and **HOW** many times and for how long.

.....
Example: I will go for a 30 minute walk at lunch every Monday, Wednesday and Friday

STEP 5 What might get in my way:

Think of what might get in the way of making this healthy change, **THEN** think of what you can do about it.

.....
Example: My work schedule

STEP 6 What I can do about it:

.....
Example: I will schedule my walks into my Outlook calendar

STEP 7 My confidence in my ability to make this healthy change is:

(Not Confident) 1 2 3 4 5 6 7 8 9 10 (Very Confident)

STEP 8 My follow-up date:

STEP 9 When you are ready, pick another healthy change from STEP 3 and make a new plan

Need more help? Consider a Peer Coach.

Some health goals, like managing weight or quitting smoking, can seem overwhelming. You can be successful by breaking your task into small, achievable steps. For more support contact our Peer Coaching Program. This no-cost service matches you with someone who will help with goal setting and cheer you on through one-on-one telephone sessions. Find out more about this no-cost, confidential service at www.patientvoices.ca or **1.888.742.1772**.