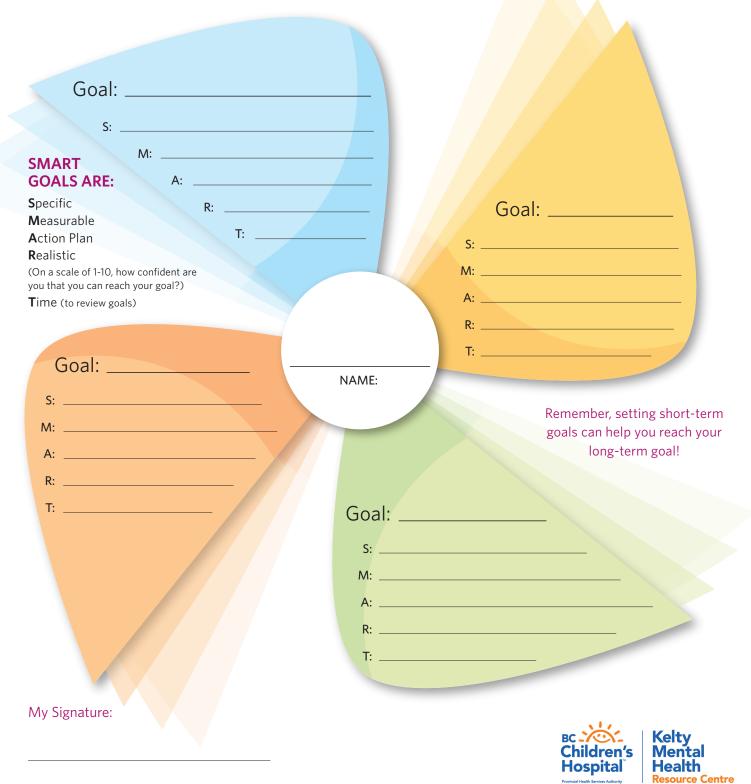
My Healthy Living Pinwheel

Goal Setting Tool

Choose a long-term goal that you would like to achieve, and then decide on a short-term SMART goal that will help you to reach your ultimate goal. Your goal can be anything that you feel is important to your health and wellness. Remember to reward yourself when you reach your goals!



My Healthy Living Pinwheel

(Example)

Here are some examples of SMART goals. You can choose one of these goals for yourself, or choose anything that you think would make a difference to your health and wellness!

Goal: <u>Managing stress/worries</u> s: <u>Deep breathing</u>	
M: <u>5 'belly breaths'</u>	
SMART GOALS ARE: A: When I feel stressed	l/worried
Specific R: 8/10 Measurable T: Next wee	ek (date) Goal: <u>Eat healthier</u>
Action Plan I: Moderne	S: <u>Lu more fruu</u>
(On a scale of 1-10, how confident are	M: <u>1 piece/day</u>
you that you can reach your goal?) Time (to review goals)	A: Buy 7 pieces of fruit/week
	R: <u>7/10</u>
Goal: <u>Be more active</u>	Pat Smith T: Next week (date) NAME:
s: <u>Walking</u> M: <u>45 minutes on Mon, Wed & Fri</u> A: <u>At the park, with my mom</u> R: <u>8/10</u>	Remember, setting short-term goals can help you reach your long-term goal!
T: By the end of 2 weeks (date)	Goal: <u>sleeping well</u>
	s: <u>'Wind down' time before bed</u>
	M: <u>30 min before bedtime</u>
	A: Do something relaxing (book, music, bath)
	R: 7/10
	T: By the end of 2 weeks (date)
My Signature:	вс Холгон Kelty Children's Mental Hospital Health

Resource Centre