

**Wellness Goal: Mapping It To Success**

1. List one wellness goal you want to achieve during the next 2 weeks.

2. Make it SMART:

- a. Specific
- b. Measurable
- c. Attainable
- d. Relevant
- e. Tied to deadlines

To help you clarify your goal:

3. Write what you are going to do differently in order to achieve this goal.

4. Break it down into smaller action steps.

5. Write what obstacles, interruptions or resistance you anticipate.

6. Write how you plan to overcome these roadblocks.

7. What resources will you need to accomplish goals? (People, time, money, equipment, etc.)

8. Ask for help, attain the resources.

9. Take action. Evaluate and adjust on a regular basis, say every other day.

10. Keep asking yourself: What did I do well? What will I do differently next time?

11. Based upon these answers above, adjust or write new goals. Try Again!