

# Health Matters

Healthstat Wellness  
Newsletter



## Goal Setting

The start of a new year is a great opportunity to re-evaluate goals that you previously set or new goals that you wish to achieve in the new year. It's important that your goals have structure so you can plan ahead. Vague or broad goals without a plan or action steps can lead to failure.

"A goal without a plan is just a wish."

-Antoine de Saint-Exupery



## Making a Plan

### A Road Map to Success

The likelihood of achieving your goal depends on how much effort you put forth in forming and working toward it. A great first step when setting a goal is to determine how important the goal is to you and how confident you are that you can achieve it. Is change involved? Probably! Ask yourself: what are the pros and cons to making necessary changes versus not making necessary changes? Set a realistic timeline of when you would like to achieve your goal, as well as small action steps you can complete that will help you get to your goal. Include resources in your planning like a friend, family member, co-worker or Healthstat Clinician or Health Coach. They can help keep you accountable to your goals. Write down one healthy behavior you will start, one you will stop, and one you will continue. You may need to practice a behavior 100 times before it becomes part of your regular routine!

Goals are fluid, meaning they can change over time. Most people feel defeated when they do not achieve their goal. Don't give up! It is okay to adjust your timeline or any other aspect of your goal to better your chances of success.

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# SMART Goals

It's your turn! Practice setting a SMART goal with the prompt below.



Your Goal: \_\_\_\_\_

\_\_\_\_\_

Specific: What do you want to accomplish?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Measurable: How much? How many? When?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Attainable: What knowledge, skills, resources, and ability do I have to achieve this goal?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Relevant: Does this goal have meaning? Is the goal worthwhile?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Timely: What is my timeline for achieving this goal? Is the timeline I set realistic?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Need Someone to Help Keep You Accountable?

Your Healthstat clinician is here to help you set your SMART goals and keep you accountable. Make an appointment today!



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