



MY Successful SMART GOAL WORKSHEET

What is your Wellness Vision? How do you want to live?

My Vision:

*Change is not always associated with expense and sacrifice.
Accomplished goals become routine.*

My Wellness Goals

Exercise:

Nutrition:

Stress:

Life Issues/Happiness:

What to do to stay successful.

- Always, write it down!**
- Visit your vision. Your goals are not unchecked “New Years Resolutions” without a plan.**
- Who is part of my team for success and will help me stay accountable?**
- What “SMART Tools” will help you increase your motivation by making the process easier. (For example pedometer, free weights, food processor, etc.)**

My motivators

My Strengths

