



Goal Setting Worksheet

I want to change how I look – Choose the topic from the list below or use one of your own. Eg. Lose weight, tone my body, improve my appearance, increase my strength, increase my muscle mass, reduce my clothes size, have clear skin etc.

What do you want to achieve: _____

Get specific: _____

When by: _____

Why: _____

I want to change how I feel – Choose the topic from the list below or use one of your own. Eg. Increase & sustain my energy level, become more mentally alert, reduce and manage my stress, manage my mood swings, improve my eating habits etc.

What do you want to achieve: _____

Get specific: _____

When by: _____

Why: _____



I want to improve my health habits – Choose the topic from the list below or use one of your own. Eg. Stop smoking, increase my fitness level, lower my cholesterol, lower my blood pressure, live longer, improve my quality of life, control my diabetes without medication etc.

What do you want to achieve: _____

Get specific: _____

When by: _____

Why: _____
