

Goal-Setting Worksheet

Step	Prompt/Question	Example Answer
1. Reflect on Your Vision	“What does wellness mean to you? Picture your healthiest, happiest self. What do you see, feel, and experience?”	<i>“Wellness means feeling energetic, clear-headed, and confident. I want to be active with my kids and manage stress effectively.”</i>
2. Choose Your Focus Area	“Which pillar will you prioritize? Why is this important to you?”	Pillar: Sleep. Why: “I often feel tired and unfocused during the day. Better sleep will improve my energy and mood.”
3. Set a SMART Goal	“What’s your Specific, Measurable, Achievable, Relevant, and Time-Bound goal?”	See the SMART Goal Table below.
4. Plan Your Small Steps	“What small daily actions will help you reach this goal?”	<ol style="list-style-type: none"> 1. Set a consistent bedtime at 10:30 PM. 2. Turn off screens 30 minutes before bed. 3. Practice deep breathing for 5 minutes.
5. Accountability and Success Plan	“Who will help you stay accountable? How will they support you?”	<i>“My spouse will remind me to stick to my bedtime and join me in turning off devices early.”</i>
	“How will you celebrate your wins? What will success feel like?”	<i>“I’ll celebrate with a relaxing family day after one month of consistent sleep habits. Success will feel like waking up refreshed and ready.”</i>

Create yours below:

Step	Prompt/Question	Answer
1. Reflect on Your Vision		
2. Choose Your Focus Area		
3. Set a SMART Goal		<i>See the SMART Table.</i>
4. Plan Your Small Steps		
5. Accountability and Success Plan		

Create yours below:

Step	Prompt/Question	Answer
1. Reflect on Your Vision		
2. Choose Your Focus Area		
3. Set a SMART Goal		<i>See the SMART Table.</i>
4. Plan Your Small Steps		
5. Accountability and Success Plan		