

## Goal-Setting Worksheet

Step	Prompt/Question	Example Answer
<b>1. Reflect on Your Vision</b>	“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>
<b>2. Choose Your Focus Area</b>	“Which pillar will you prioritize? Why is this important to you?”	<b>Pillar:</b> Sleep. <b>Why:</b> “I often feel tired and unfocused during the day. Better sleep will improve my energy and mood.”
<b>3. Set a SMART Goal</b>	“What’s your Specific, Measurable, Achievable, Relevant, and Time-Bound goal?”	See the SMART Goal Table below.
<b>4. Plan Your Small Steps</b>	“What small daily actions will help you reach this goal?”	1. Set a consistent bedtime at 10:30 PM. 2. Turn off screens 30 minutes before bed. 3. Practice deep breathing for 5 minutes.
<b>5. Accountability and Success Plan</b>	“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
<b>1. Reflect on Your Vision</b>		
<b>2. Choose Your Focus Area</b>		
<b>3. Set a SMART Goal</b>		<i>See the SMART Table.</i>
<b>4. Plan Your Small Steps</b>		
<b>5. Accountability and Success Plan</b>		

*Create yours below:*

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