

Health Goals Worksheet

Use this worksheet in conjunction with the information about changing health behaviours from Concordia University Health Services, which is available at www.concordia.ca/students/health/topics/behaviour-change.html. Print out the worksheet or work on it on your computer. Add pages if you need more space.

Exercise 1.1: My Health Goal

In the space below write your ULTIMATE health goal and review it to ensure that it is a S.M.A.R.T. goal by placing a “✓” (or clicking) in the corresponding boxes:

My goal is: <input type="checkbox"/> Specific <input type="checkbox"/> Measurable <input type="checkbox"/> Action-oriented <input type="checkbox"/> Realistic <input type="checkbox"/> Time-bound

If your health goal is far from where you are now and you want to start with an easier goal and progressively work up to your ultimate goal, then write your INTERMEDIATE health goal in the space below and ensure that it is a S.M.A.R.T. goal by placing a “✓” (or clicking) in the corresponding boxes:

My goal is: <input type="checkbox"/> Specific <input type="checkbox"/> Measurable <input type="checkbox"/> Action-oriented <input type="checkbox"/> Realistic <input type="checkbox"/> Time-bound

Exercise 2.1: How my health goal fits with my values

Below, write down some of your most important values and how achieving your health goal fits with them. The website has a list of values to review.

I value	How achieving my health goal fits with this value

Exercise 2.2: How my health goal helps me achieve other goals

Below, write down some of your life goals and identify how reaching your health goal can help you reach those important life goals.

A goal I have in life is to	How achieving my health goal helps me achieve this life goal

Exercise 2.3: The pros and cons of changing my lifestyle

Below, in the left column, list the potential pros (good things) about making changes and achieving your health goal. Think about the good things now and in the future. Next, in the right column, indicate how likely your BELIEVE that this good thing will actually happen as a result of the changes you make.

A good thing about changing is:	Likelihood that this will happen (1=not at all likely, 5= somewhat likely, 10= extremely likely)
	1 2 3 4 5 6 7 8 9 10

Below, in the left column, list the potential cons (not-so-good things) about making changes and achieving your health goal. Think about the not-so-good things now and in the future. Next, in the right column, indicate how likely your BELIEVE that this will actually happen as you make the changes.

A not-so-good thing about changing is:	Likelihood that this will happen (1=not at all likely, 5= somewhat likely, 10= extremely likely)
	1 2 3 4 5 6 7 8 9 10

Putting it all together: How important is my goal?

Take a few minutes to review, and think about, the answers you provided to exercises 2.1, 2.2 and 2.3. Then, identify how important it is for you to work towards, and reach, your health goal.

1	2	3	4	5	6	7	8	9	10
not at all important			somewhat important				extremely important		

Exercise 2.4: My strengths and skills

Below, write down some of your strengths/skills and identify how you can use them to achieve your health goal. There are several ways to identify your strengths and skills:

- One way is to look at goals you have achieved in the past and to think about the strengths and skills you tapped into to achieve them. Take a minute to write down 3 goals you have achieved in the past. Examples include: graduating from high school, quitting smoking, establishing and maintaining a romantic relationship, competing in an event, traveling abroad etc.

1.	A goal I have achieved in the past is:	
2.	A goal I have achieved in the past is:	
3.	A goal I have achieved in the past is:	

- Another way is to think about what you like about yourself, what people compliment you on and what people rely on you for. Also, think about any rewards or recognitions you have received and competitions you have won or did well in.
- A final way is to review a list of strengths and skills (see the website).

A strength/skill I have is	How I can use this strength/skill to achieve my health goal

Exercise 2.5: My priorities

Below, list your current priorities (as well as activities and commitments) that take up a significant amount of your time, energy and other resources. After reviewing these, determine which of the statements below best applies to you.

My priorities, activities and commitments		

- After reviewing my priorities, I believe that **I have** enough time, energy and other resources to dedicate to my health goal
- After reviewing my priorities, **I am not sure that I have** enough time, energy and other resources to dedicate to my health goal.
- After reviewing my priorities, I believe that **I definitely do not have** enough time, energy and other resources to dedicate to my health goal

Exercise 2.6: Other barriers to making changes

Below, list any significant barriers to achieving your health goal. Then, identify what you will do to overcome these barriers.

Possible barrier	What I can do to overcome this barrier

Putting it all together: How confident am I in my ability to achieve my goal?

Take a few minutes to review, and think about, the answers you provided to exercises 2.4, 2.5 and 2.6. Then identify how confident you are in your ability to work towards, and achieve, your health goal.

1	2	3	4	5	6	7	8	9	10
not at all confident				somewhat confident					extremely confident

Exercise 3.1: What my health goal might look like

Below, write down some general things you plan to do to achieve your health goal.

Exercise 3.2: Skills I need to build

Below, list the skills you need to build to achieve your health goal. Also, indicate how you will build this skill. Finally, once you feel confident about your ability in this skill, place a ✓ (or click) in the box in the final column.

Skill	How I will build this skill	

Exercise 3.6: Other tasks and strategies

Below, list other tasks you believe will help you achieve your health goal and how you will achieve them.

Task/strategy	How will I achieve this

Exercise 3.7: Possible barriers I may encounter

Below, list any barriers that you may likely encounter. Then, determine what you will do to overcome them.

Likely barrier	What I will do if I encounter this barrier

Exercise 3.8: Identify and implement rewards

In the spaces below, identify rewards you can give yourself for staying on track or achieving your health goal.

My Rewards		