

Bringing Health Goals to Life

Why do you want to be healthy? What does “health” allow you to do? Whether it’s being able to stay active or sticking around to watch your grandchildren grow up these are important motivators and you should include these when making your health goals.

Maybe you were thinking of making “exercise more” a goal for the new year. Why? If it’s because you know you should, that doesn’t sound super exciting. How can you transform this into something you actually want (in your heart and not just your head) to accomplish?

Here are some examples, using “exercise more” as a starting place:

- ✿ *“I want to work with a trainer to become a better runner because I’ve always dreamed of participating in a marathon”*
- ✿ *“I want to dance three times a week because it brings me joy.”*
- ✿ *“I want to walk ten minutes every morning because staying active will allow me to age well/keep my brain sharp for my career/wake me up for the day.”*

Whatever it is, make it something you can achieve. Set yourself up for a series of small successes. Let’s do another example. I avoided weight loss and diet in my blog post on this topic because I really wanted you to think about some of the other things that go into a happy, healthy life. However, because these are so common they might be on your list, so let’s do some examples of how to make these more tangible.

Examples using “lose weight” or “eat less sugar” as a starting place:

- ✿ *“I want to lose X number of pounds because my doctor told me this will decrease my risk of X and I want to avoid X because it would interfere with _____, which I love.”*
- ✿ *“I want to lose X number of pounds this year because it would make me feel better and allow me to _____.”*
- ✿ *“I am going to eat less sugar this year by focusing on the foods that nourish my body because eating these nourishing foods makes me feel _____, which allows me to _____.”*
- ✿ *“I am going to eat better this year because this will allow me to _____. I will do this by asking my grandma to teach me some of her traditional recipes because I love learning about my family and this will allow me to spend more time with my grandma.”*

Give your goals as much detail as possible. Break them down into smaller steps and put dates on them. Put the dates in the calendar. Think about how you will celebrate your accomplishments. Most of all, be gentle with yourself. If things aren’t working, don’t get discouraged. Reach out and ask for help. Depending on the goal, this could be a friend, a doctor, a trainer, a mentor or perhaps a well-loved cookbook!

Now get ready to make some goals!



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This year is my year! This year I am going to make progress on my health goals.

Sample format:

I want to/I will/I am going to _____ because it will help me to/it will make me feel/I will be able to _____. I know I can ask _____ who is my _____ for help because they can provide knowledge/support/training etc.

My goals are:







I am committed to these goals because:

I know I can get help from:

Over the last year, my greatest strength was _____. This year, I want to develop the character strength of (circle one):

- | | | | |
|--------------|---------------------|--------------|-------------------------------------|
| bravery | social intelligence | spirituality | prudence |
| perseverance | teamwork | creativity | self regulation |
| honesty | fairness | curiosity | appreciation of beauty & excellence |
| zest | leadership | judgment | gratitude |
| love | forgiveness | learning | hope |
| kindness | humility | perspective | humor |

