



Set Your Wellness Goals

Introduction: In a busy life, time and resources are finite and precious. To ensure maximal return on the investment of each, it is important to craft realistic goals that specifically impact your wellbeing. This handout will guide you through the process of creating thoughtful goals that align with your value system and have the best chance of success given your current circumstances and access to resources.

Step 1 – TPR Self-Assessment (Time – Preparation – Resources)

How do you spend your time in a given week?

What areas of your life do you prepare for? – i.e. meal planning, social scheduling, budgeting

How do you invest your resources (money, materials, assistance, mental/emotional energy)?

How do your TPR expenditures align with your top five values (From the *Clarify Your Values* Handout)?

Step 2 – Brainstorm General Value-Driven Goals

In general terms, record goals that would align your daily life with your stated values and advance your wellness journey. Example: I want to feel fit and healthy. Be sure to frame your goals in terms of the positive outcome they will achieve rather than the negative aspect you are trying to move away from (I need to lose weight).

Step 2 – Troubleshoot one or more of your General Goals

Choose one or more goals to troubleshoot as a way of assessing whether you are ready, willing, and able to enact change. For each goal you choose, consider the following questions:

1. Does this goal support a value-driven life?
2. What current habits or willpower traps perpetuate your current status quo?
3. What has happened in previous attempts to meet this goal or a similar goal?
4. Are there any pre-requisites for this goal? Examples: Skill to learn, emotional or mental energy stockpile required, or a stakeholder’s agreement to support your efforts.
5. How will this goal and my progress towards it affect those around me? Will their investment or lack of investment change the way in which I approach this goal?
6. Am I able to commit the time, preparation, and resources necessary to reach this goal?
7. If I make this goal a priority, what will it be replacing? Do I need to prepare for this shift?
