

Appendix 1. My Goal Setting Worksheet



[Photocopy or print a new worksheet for each new dimension of the Model for Healthy Living that you want to work on to set goals.]

The dimension I am working on is:



LOOK

[Describe what's happening for you in this dimension right now? Gather facts and information to build a picture of your health in this dimension in your current life context. Use the questions in your Healthy Living Journal to facilitate the 'Look' process.]



THINK

[Write down what you want to do about this dimension. Use the questions in your Healthy Living Journal to facilitate the 'Think' process. What do you want to do? What can you do? How can you do it? Who can help you achieve this goal?]



ACT

[Write down the actions you want to take to achieve your goal/s in this dimension. Use the questions in your Healthy Living Journal to facilitate the 'Act' process. Remember that taking action is how you progress toward your goal. Doing nothing is a choice and you won't progress toward your goal unless you choose to act on the steps you need to take to achieve your goal!]

My Goal

[After you have written it down here you should transfer the goal statement to 'My Plan' where you can monitor your progress toward the goal.]

| | |
|--------|-------------|
| I will | (what) |
| | (how much) |
| | (when/time) |
| | (days) |

My Steps

I will take these steps to achieve my goal:

[Transfer these steps to the 'My Plan' worksheet.]

My Resources

I have these people and resources that can help me to achieve my goal:

[Transfer these resources to the 'My Plan' worksheet.]
