

Setting Healthy Goals Worksheet

The more often you see something in your mind's eye, the more quickly you'll reach it. The more intensely you see it, the more surely and completely you will attain it. Fill your mind with positive images. And soon your life will be filled with positive results.

My Goal is....	
My reason for this goal	
Steps I'll take	
Potential Obstacles	
Solutions to Obstacles	
Who will help me	
When I'll start	
When I'll meet my goal	
How I'll reward myself for making progress toward my goal	