

Goal Setting

Print, complete, scan and email to jennifer@inspirehealthyharmony.com prior to our first session.

First Name		Last Name	
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What is your WHY? Your WHY is the purpose, cause or belief that drives you.

You are a Warrior! You are being equipped to overcome your obstacles so you can win the daily battles that you face! Tell me what you are fighting for? What is most important to you?

Let's set some **goals!** When setting goals, it is important to set parameters and make sure they are SMART Goals.

Setting Smart Goals		
S	Specific	Is the goal clearly written, with no ambivalence?
M	Measurable	Does the goal answer the questions of how many, how much and/or how often?
A	Achievable	Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results expected realistic?
R	Relevant	Does the goal make a difference in your career? Is it going to make an improvement in your life?
T	Time-oriented	Does the goal state a clear and specific completing date?

List 3 long term goals:

(Example: Nutrition goal, Physical Activity Goal, Mental/Emotional Health goal, Spiritual Goal)

- 1.
- 2.
- 3.

By what date, do you want to reach these long term goals: _____

List 6 specific short term goals:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Specify what daily action you will take towards your goals:

Identify the primary obstacles that you might face:

List action items that will help you overcome these obstacles:

As your health coach and battle strategist, I want to move you to reaching your goals.
How can I best encourage you?

Disclaimer: By completing the Goal Setting, you are disclosing your personal, private health information. This information enables Healthy Harmony to gain a deeper understanding into your health history. It is not meant to diagnose a medical condition. Please know that your information will be kept private and confidential. Coaching Sessions are for education and encouragement purposes only and are not a substitute for medical advice from your physician.