

Welcome to the “Take steps to improve your well-being” challenge!

Setting goals and evaluating progress are regular habits of successful people. The goal-setting process that you will learn in this challenge can be used to set goals for any aspect of your life.

Use the information provided over the next four weeks to work toward a short-term goal to improve an aspect of your well-being. Answer the five questions in the table below as you develop a goal that is unique for you.

Five steps to improve your well-being¹

(Write your answers to the five questions in this column.)

<p>1 What do you want to have happen?</p> <p>Break the general goal of improving your well-being into smaller short-term goals and select one to focus on during this challenge. Be sure your goal is realistic.</p>	
<p>2 How will you know when you have achieved your goal?</p> <p>Identify the specific criteria to determine that you have achieved your goal to your satisfaction.</p>	
<p>3 What are you willing to do or give up to achieve your goal?</p> <p>Consider your motivation. Are you committed to working to achieve this goal at this time?</p> <ul style="list-style-type: none"> • If the answer is “no,” select another goal. • If the answer is “yes,” continue to step 4. 	
<p>4 When do you want it to happen?</p> <p>For this challenge, plan a goal that you can work toward over the next two to four weeks.</p>	
<p>5 What is stopping you?</p> <ul style="list-style-type: none"> • Are there any potential roadblocks ahead? • Plan ahead to avoid risky situations. • Share your goal with someone who can support you in your effort. • Reward yourself at every step of the way. 	

You now have a realistic and meaningful goal to improve your well-being. Keep this table handy as you work to achieve your goal. At the end of the challenge, complete the brief self-evaluation to report on your progress toward your goal. Your progress report will serve as evidence that you have completed the “Take steps to improve your well-being” challenge.

Believe in yourself. Believe in your goal.
You can do it!

My progress report

Please complete this brief report on your progress toward your goal to improve your well-being. Submit this report to <who/where> by <when> to be eligible for <prizes>.

Mark the one statement that best describes your progress toward your goal at this time.

<input type="checkbox"/> I achieved my goal to my satisfaction. Congratulations on achieving your goal! Focus on maintaining your progress and avoiding slips and setbacks. Is there another goal you would like to work toward to improve your well-being? Remember, setting goals and evaluating progress are regular habits of successful people.	What will you do next?
<input type="checkbox"/> I have made good progress toward achieving my goal, but I have more work to do. Congratulations on progressing toward your goal! Although you have not fully achieved your goal, think about what you have learned from this experience and keep moving forward. If you are experiencing difficulty, pay attention to your thoughts, feelings and actions. Remember, you are further along than when you first started.	What will you do next?
<input type="checkbox"/> I have made little progress toward achieving my goal at this time. Thank you for setting a goal and reporting your progress. Although you haven't made as much progress as you'd like, at least you were thinking about a goal. Consider what you learned from this goal-setting experience. Timing, motivation and other factors impact your chance for success. Consider setting another goal and try again. Remember, the first step is often the hardest.	What will you do next?

Your Signature _____

Date: _____

Thanks for participating!

Source:

1. INTERVENT International. Lifestyle management program: Setting goals, 2020.

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