

Name: _____

Date: _____

Goal-Setting Examples

In this example organizer, someone has set a goal to improve their overall health and decided on three habits to help them meet their goal.

Goals	Habits
<i>A goal is a target that’s specific, helps us grow, and motivates us to be better.</i>	<i>A habit is a powerful, specific, clear, and easy-to-implement behavior that helps us move closer to our goals.</i>
<p>Goal: I want to improve my overall health so I can be more active in my life.</p>	<p>Habit 1: I’ll exercise 20–30 minutes every day to be more active. I’ll start with the bike and treadmill at the gym. I can listen to music and my podcast while working out at my own pace.</p> <p>Habit 2: I’ll make healthier food choices. Right now I am still drinking a lot of soda and energy drinks. I think by cutting back on these drinks and drinking water instead, I’ll do a better job of staying hydrated and reduce my sugar intake.</p> <p>Habit 3: I’ll watch one video or read one article a day for tips on getting healthy. To develop good habits I’ll look for reputable sources of information so I can continue to make progress.</p>

Flip this page over and try it yourself!

Visualizing Success



Goal-Setting Graphic Organizer

List your goals on the left and the habits that can help you reach them on the right. Then use the habit tracker below to record each time you do one of the habits to reach your goals. The string of checkmarks will give you a record of your progress and can be highly motivating, so try to keep your streak going.

Goals	Habits
<i>A goal is a target that’s specific, helps us grow, and motivates us to be better.</i>	<i>A habit is a powerful, specific, clear, and easy-to-implement behavior that helps us move closer to our goals.</i>

Month: _____

Habits 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31