

Achieving Optimal Health & Wellness

Think about the health goals that you would like to achieve. What are they? Make a list.

Now answer the following question about each one you wrote down – On a scale of 1-10, 1 being the lowest and 10 being the highest, How much confidence do I have that I will commit to making a change over the next 6-12 weeks?

	1 ----2-----3----4----5----6----7----8----9----10
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Identify the health goals that you have a rating of at least a 7 or higher. If there is more than one goal select just one to get started.

The key to this next step is to decide what behavior you are willing to change to help you achieve your goal. For example, if you would like to lose weight, your goal may be to lose 10 pounds in the next 4-5 weeks. The behavior that you will change may be to drink at least 4 to 6, 8 oz., glasses of water each day. Or it may be to begin walking 20 minutes per day.

Write down what it is that you plan to do. When do you plan to do it? Be specific, write down what you plan to do, what days and when. For example, I plan to walk 4 days this week for a total of 20 minutes each day. I will walk 10 minutes during lunch and 10 minutes after dinner on Monday, Tuesday, Thursday and Friday.

I will commit to [insert the behavior you will change] _____. I will do this [insert the days of the week] _____, at [insert the time of the day] _____.

The next step is to look at your plan and determine on a scale of 1-10, 1 being the lowest and 10 being the highest, how much confidence you have in your walking plan.

1 -----2-----3-----4-----5-----6-----7-----8-----9-----10

If you have a rating of less than 7, ask yourself what might get in your way. Do you drive the kids to soccer on Tuesdays or do you have a late meeting on Thursday? If so, rework your plan so that you are likely to achieve it. For example, On Tuesday and Thursday you may choose to walk the full 20 minutes during lunch, or you may try to walk for 10 minutes during your morning or afternoon break and at lunch.

How will you modify your plan to you can achieve it this week? _____

Enlist the support of a friend who may want to walk with you or who will encourage you to reach your goal. Who will you entrust to help you achieve your goal? It may be more than one person.
