



# Goals for Better Health



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*Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.*

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**Objective:** Clients will identify healthy choices they are already making that contribute to their health, and identify new healthy behaviors they will put into practice.

**Audience:** This tool is appropriate for anyone, especially individuals who display unhealthy eating habits, poor sleeping behaviors, or lack of exercise.

**Estimated Time:** 10-20 minutes

**Educator Instructions:** Look through the list of sample healthy behaviors that might already be in place, then talk about other ways the client already cares for himself or herself. These could be a variety of things, from eating healthy foods to sharing concerns with another adult. Next talk about other healthy behaviors the client would like to try. Help the client identify some strategies for putting those behaviors into practice. Be sure the goals are realistic and easily attainable to help prevent the client from becoming discouraged.

**Discussion Starter:** The purpose of this activity is to help you think about things you already do well so you can build on your strengths. Let's talk about some ways you already take care of yourself, then we will talk about some things you would like to do better. After a few minutes, we will come up with some specific goals. If we write down our goals, it can help us stay on track.

**Follow-up:** If you have another visit with the client, discuss changes made since the last visit. Challenge the client to come up with 2 or 3 new healthy behaviors to try and commit to putting them into practice.





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Many of us want to take better care of ourselves, but it is not always easy. We might not think we have enough time, money, or energy to do things that will help us be healthier. But, if we focus on our strengths and what we already do or have in our lives, we set ourselves on a path to success.

Taking steps to live a healthy life starts by first understanding what we already do well and then deciding what else we can do to improve.

**Read through the list below and mark some of the ways you already take good care of yourself:**

- Get enough sleep (not too much, not too little)
- Keep a regular sleep schedule
- Eat a variety of healthy foods
- Rest when my body tells me to
- Limit alcohol intake
- Avoid drugs
- Talk with others when I feel stressed
- Get regular exercise
- Spend some quiet time alone each day

What are some other ways you already take good care of yourself?

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What are some ways you would like to take better care of yourself?

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How can you make those changes? Come up with specific goals that you can reach.

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What else might need to change for you to be successful?

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When we share our goals with others, they can check-in from time to time to offer support and encouragement. Who can you turn to for help in reaching your goals?

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***When you take care of yourself it is easier to take care of others!***