Consider your current level of well-being. Think about any similarities or differences across the 8 Dimensions of Wellness. What behaviors do you want to change to support your well-being? Write your goal in the space below. Also consider what you need in order to successfully achieve this goal.

Healthy Behavior Change Goal:

________________________________________

It can also be helpful to determine ahead of time what you need to successfully achieve your goals. Write your ideas below:

1) _________________________________________
2) _________________________________________
3) _________________________________________
4) _________________________________________

When setting goals, it is crucial to choose goals that are important in relation to your priorities and values. Your confidence in your ability to achieve a given goal can determine your long-term success. Readiness to make a change influences your desire to take steps towards your goal. Finally, your ability to achieve your goal depends on the amount of control you have over making a change. All of these components are necessary for effective goal-setting.

Use the ruler below to identify where you fall on each of these scales in terms of the health behavior change goal you have chosen. Consider the following questions on a scale from 1 to 10 (1-Low, 10-High):

How IMPORTANT is it for you to change RIGHT NOW?

1 2 3 4 5 6 7 8 9 10

How CONFIDENT are you that you can change RIGHT NOW?

1 2 3 4 5 6 7 8 9 10

How READY are you to take steps toward change RIGHT NOW?

1 2 3 4 5 6 7 8 9 10

How much CONTROL do you have over your ability to make positive change RIGHT NOW?

1 2 3 4 5 6 7 8 9 10

If you mark yourself low on any of these rulers, adjust the goal you have set for yourself. All of your ratings should be high (between 7-10) for an achievable goal.