



I Can Do It!

Setting a New Goal

THE THREE STEPS OF SETTING GOALS:

1. Will- I will
2. What- Eat fruit
3. When- At lunch

Goal: I will eat fruit at lunch.

By using these 3 steps when setting goals we are being specific so we know what we are doing and when to do it. This helps us remember to do our goal and helps us achieve it.

EXAMPLES OF GOALS:

- I will run 1 mile everyday
- I will try one new food every week
- I will help with chores every night
- I will read a book before bedtime
- I will wear my helmet when riding my bike

Goals can have different timelines, some goals are short-term, and some are long-term.

HEALTHY HABIT OF THE DAY:

I will set goals for being healthy.



Healthy LifeStars

THE IMPORTANCE OF SETTING GOALS:

Creating and setting new goals are important for short and long term motivation. By setting goals you are organizing your time and thoughts on paper so you can achieve them. Writing down your goals on paper and putting them somewhere you will see them helps you remember to work towards them everyday.

Short and long term goals are two types of goals that are determined by time. Short-term goals are goals that can be achieved in a small amount of time such as going on a run each day. A long-term goal takes longer and requires short-term goals to achieve. The average adult runs a mile in 9-10 minutes. An example of a long-term goal would be running an 8 minute mile because it requires running frequently and for a long time to achieve this goal.

It is important to practice your goals everyday so you can work towards achieving them. By writing your goals down on paper and putting it in a place you will always see, you will have a physical reminder each day to work on them.

QUESTIONS TO ASK YOUR CHILD:

Q: What are the 3 steps to setting a goal?

A: *Decide that you will set a goal, decide what you will do, and decide when you will do it*

Q: Why is setting a health goal important?

A: *Setting goals helps you identify what health goal to work on and reminds you to do them.*

Q: How do you feel when you accomplish your goal?

Q: How do you celebrate accomplishing your goal?

A: *Telling yourself good job or giving a family member a high five!*

Setting Goals as a Family

Setting goals as a family can help you motivate each other and work together to achieve them. Try setting some healthy habits as a family on the next page.

Examples of healthy habits to set as a family:



- Walking to school together once a week
- Helping cook dinner
- Setting a bedtime
- Exercising on the weekend together

Short Term Goals

Short-term goals are goals that can be achieved in a short amount of time. These are small healthy habits you can work on each and every day. Short-term goals are used to help develop long-term goals. An example of a short-term goal is reading a book as a family each night before bed.



Long Term Goals

Long-term goals are goals that are achieved over a long time. These are bigger goals than short-term goals. An example of a long-term goal is working on the short-term goal of cooking one new meal a week so that eventually you will achieve the long-term goal of eating a variety of new foods during each meal.



Setting Goals: Using the 3 step goal setting process write down 3 goals you want to achieve as a family.

When creating goals it's important to write them down. Print this out and put it in a place that you and your family will see so it can be used as a reminder.

Goal 1:

I will: _____

What: _____

When: _____

Goal 2:

I will: _____

What: _____

When: _____

Goal 3:

I will: _____

What: _____

When: _____

