

# The Power of Passionate Goal Setting



*You are who you choose to be — so you should be very careful who you choose to be. —Vic Strecher*

**Identifying the things you absolutely love to do in life is the single best thing you can do to find your passion and purpose.**

What is your passion (family, hockey, cooking, etc)? Write it **BIG** below.

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How can better health enhance your passion and purpose in life?

List 2 specific ways better health impacts your passion and life purpose.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

Success breeds success, set a short-term goal to stay motivated on your journey to better health. Your goal should be positive and **SMART**.

**SPECIFIC** - Straightforward and emphasize what you want to happen. It is the WHAT, WHEN and WHERE.

**MEASURABLE** - Establish concrete criteria for measuring progress toward the attainment of your goal. How much? How many? How will I know when it is accomplished?

**ACHIEVABLE** - Good intentions aside, if a goal is too far out of reach, chances are you won't commit to it. Break it down into something that is attainable within a shorter time frame. Once you are successful, you'll be motivated to keep it going.

**REALISTIC** - Choose the change you are most confident you'll make with your current resources and skills. Using a scale of 1-10, how confident are you that you can make a change? Ideally, you want to respond near 7.

**TIMELY** - Set a timeframe for your goal so there is a clear endpoint that you are working towards. Without a time limit there is no urgency to start.

## EXAMPLE

**GOAL:** *I will not eat out.*

**SMART GOAL:** *For the next month, I will pack a healthy lunch from home three times a week and cook dinner at home at least three times a week.*

