

Whole You

HEALTH

Guide for Effective Goal Setting



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Welcome to the Guide for Effective Goal Setting. Effective goal setting can set you up for greater personal and group success. Having a better understanding of the different types of goals and how to set these goals will evolve your personal toolset -- greater establishing the opportunity for you to accomplish your ultimate life vision.

Our Driving force

Our Mission

We help people make changes in their life, that are sustainable and help you live healthy, happy, and well — Positively impacting the greater good of society.

Our Vision

Is to support people in prioritizing their wellbeing needs so they are better suited to invest in their community, create a greater sense of belonging, and contribute fully to the greater good of society.



SMART Goals

In many work setting, personal development courses, etc, you are sure to come across SMART goals. Often times when we set goals, they can be vague, which can lead to lack of success. SMART goals is an easy acronym to help better define and create actions for your desired goals leading you to better outcomes for success

SMART Goals

Specific
Measurable
Achievable
Relevant
Time-bound

Non-SMART GOAL

I am going to be more physical active.

SMART GOAL

To better manage my stress, I am going to bike, hike, & walk outside 3X a week on MWF after work. I will be supported by my friend Sally.

This goal is

Specific: ✓
Measurable: ✓
Achievable ✓
Relevant ✓
Time-bound ✓

Practice:

What makes the above SMART goal SMART?

Name one personal SMART goal to focus on this week

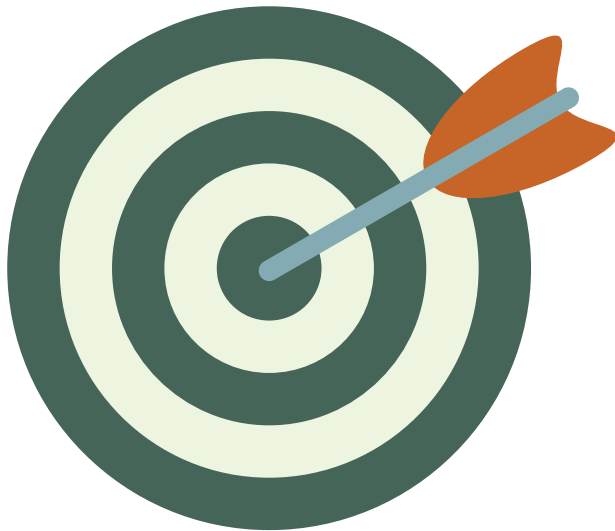


Objective Goals

Objective Goals are the most common type of goals people typically set. They are goals with a desired objective outcome. Whether it is to get in shape, feel less stressed, or wanting the big promotion. Objective goals help you define and give direction to the future you desire.

Objective Goal Tips

1. Keep them SMART
2. Align them with your purpose, values, and strengths.
3. Connect & explore your "Why" with Objective Goals
4. Keep them flexible. Life never goes as planned, allow your goals to evolve!
5. Embrace Learning- When we are not meeting our objective, it can be easy to be hard on ourselves. Take a step back, look at the whole picture, any success or learning is progress!



Practice:

Define one SMART Objective goal you want to achieve in 6 months - 1-year.

Why is this goal important to you?



Behavioral Goals

Behavioral Goals are the super hero of goals. They take action! Behavioral goals are the behaviors, actions and the "what" and the "how" as you work towards accomplishing your objective goals. If your objective goal is to reduce stress, your behavioral goal could be meditate, talk to a friend, engage in your favorite physical activity, these behaviors will help you make progress towards your objective.



Behavioral Goal Tips

1. Keep them SMART
2. Align your Behavioral Goal(s) with your Objective Goal(s)
3. Keep behavioral goals really small and easily attainable
4. Focus on the "What" & "How"
5. Focus on one behavioral goal at a time building them over time-- they will snowball to big changes
6. Embrace the growth mindset. Learn what behaviors are hard & what ones are helpful. Be curious about what works and treat it like an experiment!

Practice:

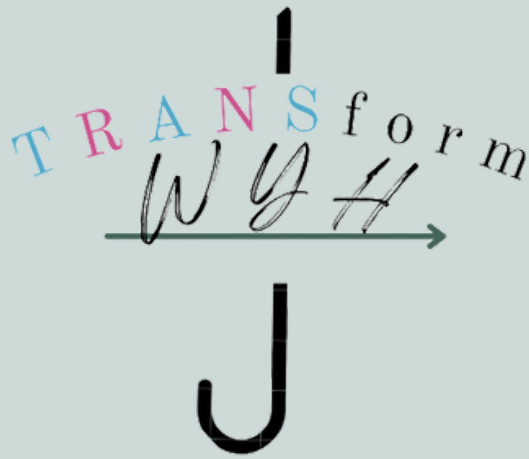
Create one SMART Behavioral Goal to work on for this month.

What will help support you in achieving this goal?



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Schedule a Free 30-minute
connection call or 1-1 coaching at
www.wholeuhealth.com