



## My Goals

In the **next month**, my goals are to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I'm going to work on these goals by:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Barriers that I might encounter and how I will overcome each:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Reward for reaching my goals: \_\_\_\_\_

Actual Date Accomplished: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

In the **next 6 months**, my goals are to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I'm going to work on these goals by:

1. \_\_\_\_\_
2. \_\_\_\_\_





3. \_\_\_\_\_

Barriers that I might encounter and how I will overcome each:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Reward for reaching my goals: \_\_\_\_\_

Actual Date Accomplished: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

In the **next year or two**, my long-term goals are to:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

I'm going to work on these goals by:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Barriers that I might encounter and how I will overcome each:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Reward for reaching my goals: \_\_\_\_\_

Actual Date Accomplished: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

**By signing this contract I am indicating MY PERSONAL COMMITMENT TO REACHING MY GOALS**

\_\_\_\_\_ DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

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*Hilton Head Health*



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