

Goals

Come up with three wellness goals, and then attach action steps to the goal as to how you plan on achieving it.

Example:

Goal:

Plan dinners for each week ahead of time.

Action Steps:

1. Look at the coming weeks schedule every Sunday and decide which nights we are eating in.
2. Decide on menus.
3. Create grocery list and plan when to shop for food.

Goal One:

Action Steps:

Goal Two:

Action Steps:

Goal Three:

Action Steps:

