

## Wellness Articles

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An archive of past wellness articles is available at <https://www.albertahealthservices.ca/news/Page9966.aspx>

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## Making positive steps toward your health goals

To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps below to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

### **Step 1:** Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

### **Step 2:** Set a specific long-term goal.

A long-term goal is not something you can do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal that you can reach in about six to 12 months?

**Step 3: Set your short-term goals**

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

**Step 4: Prepare for slip-ups or setbacks**

What might get in the way of your reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

**Step 5: Plan for support and rewards**

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

**Step 6: See your success**

How will your life be different after you make this change?