

## Personal goal setting

SET YOUR GOAL (make sure it is achievable and specific)



This year I'm going to: *"Join Weight Watchers, attend weekly meetings and walk daily until I reach my goal weight." (Not "lose weight.")*

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What does success look like? *For example: "My clothes fit me and I feel more confident at the pool."*

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What will be my milestones (or mini goals) along the way? *For example: Lose 5kg, Reduce 2 dress sizes, Run 5km.*

1

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2

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3

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How am I going to achieve these milestones?

Milestone 1 <i>For example: Lose 5kg.</i>			
What steps do I need to take to achieve this	Support I need to achieve this step	When do I need to do this by	How will I know when I have achieved this step
1			
2			
3			
4			

How will I celebrate my success? .....

Milestone 2 <i>For example: Reduce 2 dress sizes.</i>			
What steps do I need to take to achieve this	Support I need to achieve this step	When do I need to do this by	How will I know when I have achieved this step
1			
2			
3			
4			

How will I celebrate my success? .....

Milestone 3 <i>For example: Run 5km.</i>			
What steps do I need to take to achieve this	Support I need to achieve this step	When do I need to do this by	How will I know when I have achieved this step
1			
2			
3			
4			

How will I celebrate my success? .....