

Healthcare University

Short term goals

Short term goals are ones that are achievable in a short period of time. They can be a daily, weekly, monthly or several month goals. It's important to set short term goals that are realistic, challenging, but attainable. Setting a goal for losing 40 pounds in a month is not realistic, or attainable. You could set a goal to lose 10 lbs a month which is attainable.

What are some short term goals you want to achieve? Choose 1 short term goal you want to achieve.

Goal 1: _____

Date of goal achievement: ___ / ___ / ___

Steps to achieve my goal:

1. _____

2. _____

3. _____

Challenges to achieving my goal and plan to overcome those challenges.

1. _____

Plan: _____

2. _____

Plan: _____

3. _____

Plan: _____

When I achieve my goal I will feel:
