

MY GOAL

today's date: _____

(career, family/relationships, health/fitness, personal growth, community)

Specific – what, exactly, is it that I want to achieve?

Measurable – How will I know I've achieved it?

Attainable – is your goal achievable? On a scale of 1-10 (10 being most confident) how confident are you about achieving your goal?

Realistic - Is this what I really want to do? Can I do this?

Timely – When will I achieve this by? (give yourself a deadline!)

Notes and Lessons Learned:



Interlake-Eastern
Regional Health Authority

Community Wellness Team Programs

To REGISTER Call:
Toll FREE 1-877-979-9355

WEBSITE
www.ierha.ca

Jan Keryluk, Wellness Facilitator
& Certified Fitness Leader
COMMUNITY WELLNESS TEAM
1-204-642-1603
jkeryluk@ierha.ca



Interlake-Eastern
Regional Health Authority