

## 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](http://www.ierha.ca)

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