

A hiker with their back to the camera, wearing a backpack and shorts, stands on a rocky mountain peak with arms raised in a gesture of triumph. The background shows a vast landscape with a lake and forested hills under a clear blue sky. The right side of the image is overlaid with a teal gradient.

# Setting Goals for Wellness

**Breaking down your goals into a manageable wellness plan can be the difference between aspirations and realizations.**

Think about the goals you have for your health and the positive results you hope to receive. You may want to reduce stress, get fit, lose weight, increase your exercise, eat better or quit smoking. Regardless of your goals, when making health and wellness changes, you will need to create specific goals to achieve over a period of time in order to successfully make lasting lifestyle changes.



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# A strong wellness plan will include three types of goals:

## Long-Term Goal:

The “big picture” goal, a desired future outcome that may take a year or longer to complete.

## Short-Term Goal:

Breaks down the long-term goal into smaller goals; a desired outcome that can be achieved in about three months’ time.

## SMART Goals:

A desired outcome that can be achieved in 2 to 3 weeks’ time that further breaks down both the long- and short-term goals. SMART goals are: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely.

## Use your goals and craft a wellness plan out of them, like this:

### Long-term goal:

I will lose 50 pounds in the next year.

### Short-term goal:

In order to lose 50 pounds, I will adopt healthier eating habits and add more physical activity to my day.

### SMART goal:

For the next two weeks, I will pack a healthy lunch for work three days each week—Monday, Wednesday and Thursday.

### SMART goal:

For the next two weeks, I will walk for 15 minutes of my lunch break, all 5 days each week.

### Achieving Your Goals

As you begin to achieve your SMART goals, you will further your goals by adding new SMART goals. The cumulative results of your SMART goals will add up to your short-term goals, then your short-term goals into your long-term goals! Adopting behaviors in this manner helps to create lasting changes, rather than something you are forcing yourself to do.

### Tips for Accomplishing Your Goals

Write it down! Writing down your goals is helpful for follow-through and making a commitment to yourself. Go one step further by posting your goals in a location where you will see them frequently. The constant reminder can help increase your motivation.

### Share Your Goals

Sharing your goals with your spouse, family member, friend or co-worker can help with external motivation and support. Also, you may find a partner for your endeavors if someone is working on similar goals!

### Visualize It

Imagine what it would be like for you to meet your goal. How would you feel? Feeling this sense of accomplishment and “seeing” the outcome can be a powerful motivator.

