



SETTING GOALS



WHAT DO I WANT TO ACHIEVE AND WHAT MOTIVATES ME?

SPECIFIC

- Can I **describe** it in detail?

MEASURABLE

- How can I **assess** if I'm fulfilling it?

REALISTIC

- Can I **reach** it?
- Or can I break it down into **smaller goals**?

TIME

- In how long do I want to reach it?
- Is it **sustainable**?

GOALS TO GET INSPIRED

- ☐ Eat **more fruit**
- ☐ Eat **salad at lunch**
- ☐ Vary the **pulses**
- ☐ Reduce **soft drink consumption**
- ☐ **Learn how to cook**
- ☐ Order **less takeout**
- ☐ **Drink more water**
- ☐ **Exercise** at least 3 times a week
- ☐ **Plan meals** in advance
- ☐ **Go to bed earlier**

MY GOAL: