

Setting goals for a healthy lifestyle

Information for patients and families

Setting goals can help you make changes in your life to improve your health. Here are some steps to help you set goals.



Set small goals that you are able to reach. Pick only one or two goals at a time to help you be successful.

Step 1: Pick 1 or 2 goals for the next month.

For example, “I will walk 5000 steps each day.”

Step 2: Think about what steps you will take to reach your goal.

For example, “I will buy a pedometer and I will go for a 20 minute walk on my lunch break.”

Step 3: Think about what might prevent you from reaching your goal.

For example, “It is cold outside and I do not like to walk in the cold.”

Step 4: Make a plan for how you will overcome these obstacles.

For example, “If it is too cold outside, I will walk in the mall.”

Step 5: Think about how important it is to you to reach this goal.

Give it a rating from 1 (not important at all) to 10 (very important).

1 2 3 4 5 6 7 8 9 10

Step 6: Think about how confident you are that you will reach you goals.

Give it a rating from 1 (not confident at all) to 10 (very confident).

1 2 3 4 5 6 7 8 9 10



TIP Pick goals that are important to you and that you are confident you can reach.

St. Michael’s cares about your health. For reliable health information, visit our Patient and Family Learning Centre, Room 6-004, 6th floor, Cardinal Carter Wing, or find us online at www.stmichaelshospital.com/learn

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

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