

FOCUS ON

YOUR HEALTH GOALS



Model

Dylan thinks his social health is the weakest side of his health triangle. In conversations with others he tends to be so focused on his own thoughts that he doesn't listen to what others say. Recently his friends have been annoyed with him for interrupting. Dylan's goal is to strengthen his social life by becoming a better listener. Here are the steps that Dylan plans to follow:

**IDENTIFY A SPECIFIC GOAL
AND WRITE IT DOWN.**

"I want to become a better listener around my friends."

LIST THE STEPS YOU WILL TAKE TO REACH YOUR GOAL.

*"Use appropriate body language to show I'm listening."
"Don't interrupt or change the subject."*

GET HELP AND SUPPORT FROM OTHERS.

*"Ask my grandfather about listening skills.
He's the best listener!"
"Tell my closest friends what I am trying to do
and ask them for feedback."*

SET UP CHECKPOINTS TO EVALUATE YOUR PROGRESS.

*"There is a party in two weeks. I want to use
my skills then."
"I'll talk to my grandfather this weekend."*

**GIVE YOURSELF A REWARD ONCE YOU
HAVE ACHIEVED YOUR GOAL.**

"I'll go to a movie with a friend."



Practice

Imagine that a younger sister wants to increase her physical activity. She has started a plan but wants you to help finish it. On a separate sheet of paper, suggest ways to help your sister reach her goal. Some ideas are provided.

Identify a specific goal and write it down.

Increase my physical activity to 60 minutes each day.

List the steps you will take to reach the goal.

I'll walk the dog every morning.

I'll ride my bicycle to school when the weather's good.

Get help and support from others.

Ask my parents and older brother or sister to help me with my plan.

Set up checkpoints to evaluate your progress.

Give yourself a reward once you have achieved your goal.

I'll feel good about improving my health.



Goal Setting

1. Identify a specific goal.
2. List the steps you will take.
3. Get help and support from others.
4. Set up checkpoints.
5. Reward yourself.

Apply/Assess

Which aspects of your health would you like to improve? Perhaps you would like to improve your physical health and your smile by flossing your teeth every day. Maybe you want to focus on your mental/emotional or social health instead. Pick a realistic and important goal. Write out a plan to achieve your goal. Develop a pamphlet to illustrate the steps you would take to reach your goal. Use art, graphics, or other methods to make your pamphlet an attractive reminder of how you can improve your health.



Self-Check

- Did I choose a goal that will improve my physical, mental/emotional, or social health?
- Did I make a realistic plan?
- Did my pamphlet show how I use all the goal-setting steps?