

Goals and Habits Worksheet

Date:

Goal{s}:

Readiness/Motivation Scale: {circle one}

1 2 3 4 5 6 7 8 9 10

Possible Obstacles To Success {List All}:

How I Will Monitor My Progress {Habit Tracker App, [Checklist](#), Etc.}:

Additional help/resources/education/tools needed {List All}:

My Support System is {Friends, Family, [Healthy Habits for a Happy Life Facebook Group](#), Etc.}:

Habits {List up to 5, but may be less, or even just 1 to start}:

1.

2.

3.

4.

5.

