



*Paula Carper, RD*  
Women's Health Strategist

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for Women over 40**

## **Goal Getter Worksheet**

1) Why do you want to achieve this goal? What are your reasons? (*ie. better health, balanced hormones, blood sugar, weight loss, etc.*)? *Envision how you want your experience to be.*

2) What are the benefits of reaching this goal?

3) In the past, what have been my biggest challenges to accomplishing this goal? *Be specific- (ie. events, circumstances, foods, exercise or lack of, work load, stressors, not knowing "how-to...")*



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4) What is different this time?

5) What am I willing to do or what am I not willing to do/give up in order to reach my goals? *Be honest with yourself.*

6) Based on your challenges (question 3), decide on specific actions that you can take to address those challenges to reach your goals. *(ie. mind-body exercise 5 times a week, eat a healthy breakfast daily, drink plenty of water, get help from a professional, etc.)*



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7) Consider and list strategies that can also assist you when in an environment that is beyond your control. *(ie. eat a little before parties or events or pack extra snacks and foods when away from home) Choose which strategies you want to implement.*

8) Decide on how you will measure your success. *(ie. tracking number of vegetable servings eaten daily, waist & hip measures, blood sugar levels, daily mood journaling, stress level journal, etc.) This is critical so that you will understand your progress and spark motivation.*



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9) Create a plan with specific steps you will take to reach your goal. *Set up milestones that will ensure you stay the course.*



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10) Plan your timeline and ADD it to your calendar. *If you don't do this, it won't get done.*

11) COMMIT to your plan. *Decide to take action even if it is imperfect. Tell others about your plans.*

12) Take ACTION. *Follow the steps using your plan and do what you committed to.*