

Beyond Resolutions

A Workshop for Effective Goal Setting

Short Term Goals

What outcomes do you want to achieve in the next year?

1.

2.

3.

Long Term Goals

What outcomes do you want to achieve beyond 1 year?

1.

2.

3.

Action Goals:

What short term goals will allow you to achieve your outcome goals?
(These should be SMART)

1.

2.

3.



WELLWAY

Why are these goals important to you?

Who else is impacted by your goals?

Visibility: How will you remember your goals?

Accountability: How will you stay accountable to your goals?

WellWay Services and Support: