

## R.E.A.L Goal<sup>SM</sup>: How To Create A Goal

*(Realistic, Easy, Attainable, Life Goals)*

**Example:** I will set attainable life goals.

### R.E.A.L.

**Realistic:** Practical desired small behaviors that the person will be able to achieve in a way that it will contribute to their life.

**Easy:** Achievable, with few difficulties or barriers in the way.

**Attainable:** The goal can be achieved by the person.

**Life Goals:** The goal is in line with the persons values, brings them joy, purpose or meaning.

### GOAL FORMULA:

WHO? Who is the person(s) or what is the motivation responsible for this goal?

DO? What action is to be taken?

WHAT? What is being addressed?

HOW MUCH? What will be the measure of achievement?

WHEN? What is the time frame or date for completion?

### FOLLOW-UP:

**SYSTEM:** Set up a system for follow-up on the goal. Weekly check ins? How will you check in (telephone, in-person) and who will you check in with?

**FREQUENCY:** Following up frequently with yourself. Check-in to maintain or re-evaluate the goal.

**TYPE:** Follow-up could be in person or over the telephone with a coach or peer. Whatever the type, it must include specific feedback.

**CRITICAL PONTs:** There may be natural points during the goal period where there is intervention needed for additional support (by wellness coach or peer).

### TIPS:

- Put the goal as your screensaver on your phone, computer, or tablet.
- Start small: Example: 10 minutes a day
- Create accountability: habit tracker, tell a family member or friend your goal.
- Remove barriers: set yourself up for success.

My Goal is: \_\_\_\_\_  
 \_\_\_\_\_

TARGET DATE \_\_\_\_\_ How will I know I've reached my goal:  
 \_\_\_\_\_  
 \_\_\_\_\_

This goal is important to me because:



\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

My key strength that will help me achieve my goals are.....

1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_

Obstacles that may arise	How I plan to respond to each obstacle
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

What will be good about accomplishing this goal?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Next Big Steps: 

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

To choose another goal, go to <https://www.deancare.com/wellness/real-goals>

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