

## Family Goal Setting Sheet

### Setting Goals to improve our health and wellbeing

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**What would you like to change at the moment?**

(Be realistic)

**What small things can you do to achieve your goal?**

(Be specific)

**When would you like to revisit your goals to evaluate how you are doing?**

**What tools and support do you have and/or need to help you to reach your goals?**

**What will achieving your goals mean?**