## LOOKING TO THE FUTURE: Goal Setting

Goal setting is a great strategy for engaging and empowering participants, and starts with your Healthy Start program staff having a conversation with the participant about their short and long- term goals. By writing down these goals with hopeful target dates, the participant will always have a documented positive goal to strive towards, and the program staff will always have something to discuss during each encounter. By revisiting and updating this goal plan on a regular basis, participants will be able to celebrate the list of successes that will continue to grow. This, in turn, helps to keep participants engaged in the program.

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| Goal Setting Worksheet |
| Setting Goals | Goal Date |
| Something I want to accomplish in the next week: |  |
| By our next visit: |  |
| In the next month: |  |
| In the next 6 months: |  |
| In the next year: |  |
| In the next three years: |  |
| Supports and Strategies to Reach Goals |  |
| How Healthy Start can support my goals: |  |
| Other resources to support my goals: |  |
| Steps I will need to achieve my goals: |  |
| What can I begin doing tomorrow to work towards my goals: |  |
| How often will I revisit my goals and make adjustments if necessary: |  |