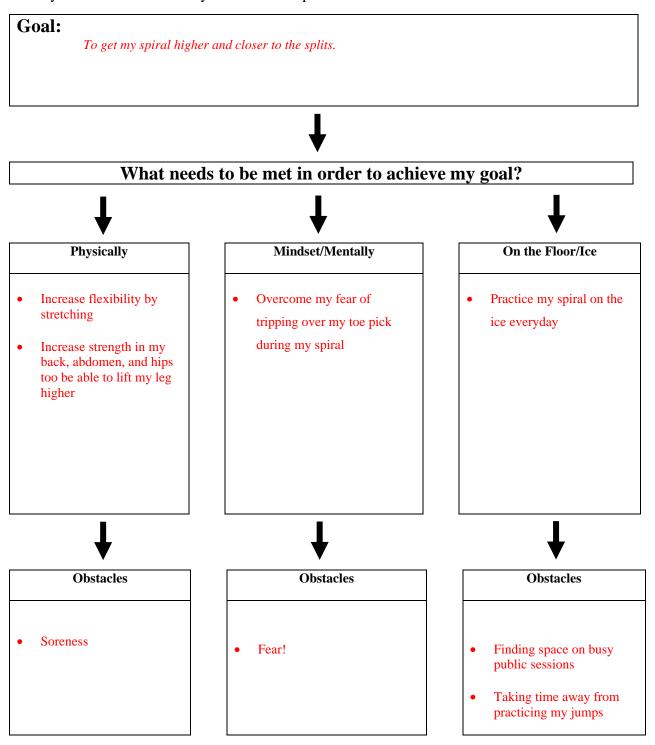
Now Body Wellness: Goal Setting Worksheet

The purpose of this worksheet is to help you identify a goal and help you assure that it is Specific, Measurable, Attainable, Realistic, and Timely. This worksheet will also help you identify obstacles and find ways to overcome potential barriers.



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Questions or comments on this worksheet may be emailed to nowbodywellness@gmail.com. For more information on Now Body Wellness's services, check out nowbodywellness.com.

How do I address these obstacles head on?

Physically:

• Stretch every day for X minutes and work on strengthening my back, abdomen, and hips with the exercises my coach showed me X times /week.

Mentally

- Remind myself that falling is a normal part of learning how to do something new.
- When I hear that voice saying "Careful, you're gonna fall!" replace it with task-oriented statements (e.g., Arms strong, straighten leg, stretch torso forward).
- Remind myself that it's about progress, not perfection.

On the Ice/Floor

• Set aside 5 minutes to practice spirals and remind myself that skating skills are just as important as jumping and spinning.



Who will support me and how?

- My coach instruction and feedback on how to improve
- My skating friend who also wants their spiral higher moral support and encouragement
- Stretching bands for stretching



I will track my goal/progress b	yevery week I will take a pictu	re of my spiral on the ice
I will know I've achieved my g	goal when: my legs are 16	
I will check in on	every Wednesday	to assess my progress.
I will reach my goal by:	this September (date)	

Goal Setting Worksheet

The purpose of this worksheet is to help you identify a goal and help you assure that it is Specific, Measurable, Attainable, Realistic, and Timely. This worksheet will also help you identify obstacles and find ways to overcome potential barriers.

Goal:		
	+	
What need	ds to be met in order to achieve	e my goal?
↓	↓	↓
Physically	Mindset/Mentally	On the Floor/Ice
↓	↓	↓
Obstacles	Obstacles	Obstacles

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How do I address these obstacles head on?	
•	
•	
Who will support me and how?	
who win support me and now.	
I	
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·	
I will track my goal/progress by	
I will know I've achieved my goal when:	
I will check in on to assess my progress.	
I will check in on to assess my progress. (date)	
I will reach my goal by:	
(date)	

