

# Setting a Goal

What is your inner motivator?

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What or who could help you achieve this goal?

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Name one goal you would like to accomplish to become healthier?

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*Keep this card as a reminder. Be bold—post it where you will see it often!*



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Be well

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**S** Specific  
**M** Measurable  
**A** Attainable  
**R** Relevant  
**T** Timely

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## Setting a Goal

What are potential obstacles to achieving your goal?

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How can you deal with these obstacles? Write an encouraging message to yourself (just in case this obstacle appears).

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Resources to help me achieve my goal:

- [GoRedForWomen.org/BetterU](http://GoRedForWomen.org/BetterU)
- [uwhealth.org/girlfriends](http://uwhealth.org/girlfriends)



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