

My TERMS

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An exercise for setting realistic and achievable wellness goals

My goal is:



How motivated am I to reach this goal? (Why?)
How easy is my little goal?



What is my deadline for this goal?



Is my goal so easy that I can do it under challenging conditions?



How closely is my goal related to my motivating factors?



How will I know when I have achieved my big goal? (Little goals?)



What do I want to happen? (How?)