

# R.E.A.L Goal<sup>SM</sup>: How to create a goal

*(Realistic, Easy, Attainable, Life Goals)*

**Example:** I will set attainable life goals.

## R.E.A.L.

**Realistic:** Practical desired small behaviors that the person will be able to achieve in a way that it will contribute to their life.

**Easy:** Achievable, with few difficulties or barriers in the way.

**Attainable:** The goal can be achieved by the person.

**Life Goals:** The goal is in line with the persons values, brings them joy, purpose, or meaning.

## GOAL FORMULA:

**Who?** Who is the person(s) or what is the motivation responsible for this goal?

**Do?** What action is to be taken?

**What?** What is being addressed?

**How Much?** What will be the measure of achievement?

**When?** What is the time frame or date for completion?

## FOLLOW-UP:

**System:** Set up a system for follow-up on the goal. Weekly check-ins? How will you check in (telephone, in-person) and who will you check in with?

**Frequency:** Follow up frequently with yourself. Check-in to maintain or re-evaluate the goal.

**Type:** Follow-up could be in person or over the telephone with a coach or peer. Whatever the type, it must include specific feedback.

**Critical Points:** There may be natural points during the goal period where there is intervention needed for additional support (by wellness coach or peer).

## TIPS:

- Put the goal as your screensaver on your phone, computer, or tablet.
- Start small: Example: 10 minutes a day
- Create accountability: habit tracker, tell a family member or friend your goal.
- Remove barriers: set yourself up for success.

**My Goal is:**

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**Target Date**

**How will I know I've reached my goal:** \_\_\_\_\_

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**This goal is important to me because:**

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**My key strength that will help me achieve my goals are....**

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**Obstacles that may arise**

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**How I plan to respond to each obstacle**

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**What will be good about accomplishing this goal?**

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**Next Big Steps:**

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To choose another goal, go to: [wellfirstbenefits.com/realgoals](https://www.wellfirstbenefits.com/realgoals)

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711).