

1. **Identify your long-term goals.** Consider beginning with the following statement.

I, _____, want to live a full, long, and productive life. I want to fully enjoy the gifts I have been given in my daily activities with family, work, and community. I want to be well. Because being well requires that I practice healthy habits, I have set following goals for 2009...

2. **Based on your long-term goals, list your short-term health goals.**

3. **From these short-term goals, circle the top 3 that you'll focus on in 2009.**

STEP 1: YOUR LONG-TERM GOALS

Examples: Kick my nicotine habit, lower my cholesterol, eat a more healthy diet

STEP 2: YOUR SHORT-TERM GOALS (AND STEP 3: YOUR 2009 GOALS)

Examples: Use the Nicorette gum, exercise 3 times a week, eat at least one piece of fruit a day

If you'd like to complete a free, confidential Health Assessment, visit www.healthstatus.com or other sites offering similar questionnaires.

If you're considering a wellness program for your family or company, visit (www.welcoa.com), www.wellsource.com, or www.getwellstream.com to explore tools, case studies, and other support.