

The Impact of Lifestyle Choices: Setting Small Goals

Let's set small goals for BIIIIIG wins!

Setting small goals can be a powerful way to achieve big wins in your life. By breaking down your big goals into small, achievable steps, you can create a clear roadmap for success and feel more motivated to make progress. This worksheet will guide you through the process of setting small goals, creating an action plan, and tracking your progress.



WOOP your way to leading a healthier life! Yes you read it right!

WOOP

stands for

Wish Outcome Obstacle Plan

It's a fun way to achieve your goal. Use the space below to write out your WOOP goal.

Wish:

What is that goal you wish to achieve to become a healthier you?
For example, your goal could be to start jogging every morning.

Outcome:

What is the outcome that you are looking for, by working towards your desired goal?
For example, if we take the wish mentioned above, your desired outcome could be for you to be fitter and stronger.

Obstacles:

What are some obstacles that may come in your way while you strive hard to accomplish your goal?

Plan:

Get going and plan how you can deal with obstacles and fulfil your wish!

Break your goal into smaller, achievable steps. Write them down below:

GOAL:

Action 1

Action 2

Action 3

Action 4

For example:
In our example about jogging, we would break our goal and create an action plan in this way:

- Find a jogging route close to home
- Set an alarm for 6:00 am every morning
- Laying out jogging clothes the night before
- Start with 10-minute jogs and increase by 5 minutes each week

By reflecting on your current lifestyle choices and making small, positive changes, you can improve your physical, mental, and emotional health. Use this worksheet as a starting point for assessing your habits and creating an action plan for a healthier, happier you. Remember to be kind and patient with yourself as you work towards your goals, and celebrate your progress along the way.

PS: On the next page, we've added a printable progress tracker that will help you keep a tab on your progress as you work on achieving your goals.

If you, or someone you know is looking to seek professional help, reach out to us at [The Mood Space](https://www.themoodspace.com/getstarted) <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.



Progress Tracker

Month: _____

Year: _____

Days

Habits

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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