

S

▶ Specific

M

▶ Measurable

A

▶ Attainable

R

▶ Realistic

T

▶ Timely



- ▶ A **health goal** is a healthful behavior a person works to achieve and maintain.
 - A healthful behavior a person plans to achieve in the near future is a **Short term goal**
 - A healthful behavior a person plans to achieve after a period of time is a **Long term goal**

Achieving Your Health Goals!!!

- ▶ To establish your goals, create an ACTION PLAN - a multistep strategy to identify and achieve your goal.
- ▶ **STEP 1**: Set a specific, realistic goal, and *write it down*.
 - ▶ Start your goal with I WILL!!!
- ▶ **STEP 2**: List the steps you will take to reach your goal.
 - ▶ Look for ways you can break your goal into short-term, smaller goals.

- ▶ **STEP 3:** Identify sources of help and support.
 - ▶ Who can help you? Who will support you?
- ▶ **STEP 4:** Set a reasonable time frame for reaching your goal.
 - ▶ Write your goal date down.
- ▶ **STEP 5:** Identify possible obstacles and evaluate your progress.
 - ▶ **Resiliency** allows us to bounce back from set backs and will help us find solutions to our problems.
- ▶ **STEP 6:** Reward yourself for achieving your goal.
 - ▶ Think of a way to celebrate the satisfaction of reaching a goal.

Responsible Decision Making Model

- ▶ The **Responsible Decision-Making Model** is a series of steps to follow to assure that people make good decisions.



How to use the Responsible Decision Making Model.

1.State the situation

2.List the options

3. Weigh the possible outcomes

- ▶ **Step 3: Weigh the possible outcomes.**
 - ▶ **Use the word HELP!**
 - ▶ **H (Healthful): What are the health risks involved?**
 - ▶ **E (Ethical): Does this choice reflect what you and your family believe is right?**
 - ▶ **L (Legal): Does this option violate any local, state or federal laws.**
 - ▶ **P (Parent approval): Would your parents or guardians approve of this choice?**

Responsible Decision Making Style

Step 4: Consider values

Step 5: Decide which decision is most responsible and appropriate and act on it..

Step 6: Evaluate the decision.