

STrength And Balance for Life (STABL) Goal Setting Worksheet

Why are you doing this? What is important to you?

When making any lifestyle change, it can be meaningful and helpful to ask yourself “why am I doing this?” and “what is important to me?”. Perhaps you’d like to be able to participate in family gatherings or events, go grocery shopping independently or maybe you want to participate in an event this year. Take a moment to reflect on these questions and write down some initial thoughts.

It is important for me to get stronger because...

Goals:

Now that you’ve reflected on what is important to you, ask yourself how STABL could help you to participate in these activities. Use the STABL worksheet below to write down 1-2 goals and to start thinking through how you will achieve them.

Try to make your goals S.M.A.R.T:

- **Specific** (what exactly do you want to be able to do)
- **Measurable** (how will you track your progress)
- **Attainable** (what is realistic for your timeframe)
- **Relevant** (why is your goal important to you)
- **Time-bound** (when will you reach your goal)

***It is important to know that any progress toward your goal(s)
is good progress!***

Example:

Alex's goal is to be able to get down to the floor and back up again on their own so they can play with their grandkids. Alex thinks it's realistic to achieve this goal in 3-4 months. To achieve this goal, Alex is going to focus on building whole body strength by doing their STABL activities 3 times per week.



Example:

Kajal's goal is to feel steadier and more confident while doing household activities, such as putting away their groceries and tidying their workshop. They think this is realistic to achieve by their birthday, which is in 1 month. To achieve this goal, Kajal will focus on the STABL balance activities every day. They will know they have achieved their goal when they need less rest and support as they move around.



WORKSHEET

What is your goal? What would you like to be able to do?

For example: go for a walk, roll or hike to connect with and spend time in nature with family or friends, work in the garden, dance at a wedding or cultural event.

What steps will you take to achieve your goal?

For example: perform your exercise program a certain number of times, do balance exercises every morning, go for a short walk every day.

1. _____

2. _____

3. _____

How will you measure your progress?

For example: number of blocks you can walk or wheel, balance time, repetitions of exercise.

What is your timeframe for achieving your goal?

For example: 1 month, 6 months, by your next birthday

Who can support you to reach your goals?

Is there anyone who can join you in increasing their physical activity, or cheer you on?

How do you think you'll feel when you achieve your goal?

It is normal to have barriers when starting a new habit. What are some challenges that might come up for you? How can you make sure you can continue to work towards your goal?