expanded food and nutrition education program
Goal

tting

Steps to Set a Goal

When will I do this? (set a time limit)

Be reasonable; can this be done?

How will I do this? (make a measurable plan)

Am I willing to make sacrifices?

Who is involved?

What will each person do?

Looking at all your goals, now rank their importance.

A short-term goal is a goal that can be reached within one year.

Get information:

How much does it cost?

What options do I have?

How much time will it take?

Plan A

Plan B

Plan C
Steps to Set a Goal

1. **When will I do this?** (set a time limit)
2. **Be reasonable; can this be done?**
3. **How will I do this?** (make a measurable plan)
4. **Am I willing to make sacrifices?**
5. **Who is involved?**
6. **What will each person do?**
7. Looking at all your goals, now rank their importance.

- **A short-term goal is a goal that can be reached within one year.**
- **Get information:** How much does it cost? What options do I have? How much time will it take?

Plan A

Plan B

Plan C
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A short-term goal is a goal that can be reached within one year.
Who is involved? What will each person do?

A goal that can be reached within one year.
Get information:

- How much does it cost?
- How much time will it take?
- What options do I have?
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Plan A
Plan B
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Who is involved?

What will each person do?

Get information:
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What options do I have?
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Plan A

Plan B

Plan C
Needs v

What

How
s. Wants

What?

How?