

GOAL SETTING FOR WELLNESS

INSPIRED BY THE #ISTAYSTRONG CAMPAIGN

WHY GOALS MATTER

Goal setting gives chronic illness warriors a sense of direction, control, and purpose. Whether you're managing symptoms, healing emotionally, or trying to reclaim joy—goals help guide your way.

YOUR REFLECTION WORKSHEET

What is one personal goal I have for my health right now?

Why does this goal matter to me?

What has made this goal difficult in the past?



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What would success look or feel like for me?

Who or what keeps me strong when things get tough?

This is my #IStayStrong Statement: "I Stay Strong For _____"

TIPS FOR SUCCESS

- Break big goals into weekly micro-goals
- Share your progress with a friend or community
- Expect setbacks—and keep going anyway
- Choose goals that are meaningful, not just measurable