



GOAL SETTING

Goals are critical for success. But they have to be the right size. Too big of a goal can make your next step challenging. Too small, and you don't see the changes you want which can zap motivation. The right sized goal is an achievable challenge. It's the difference between "I want to eat healthy" and "this week I'm going to challenge myself to try oysters and lentils". Where to begin? Select a food category and start to understand your challenge. This worksheet will help you get specific about your challenges and goals.

EXAMPLE: LEAFY GREENS

Your Challenge	I don't like leafy greens, they're too bitter.
Creative Solutions	Cook your greens instead of eating them raw. Try baby greens which are less bitter.
	Add fruit to your salad for sweetness. Mix them with fruit in a smoothie.
	Experiment with different recipes. Try new greens, some are less bitter than others.
Goal	Enjoy healthy greens 3 different ways this week.
Action 1	Make Lazy Green Mac and Cheese from Eat To Beat Depression recipes for dinner Monday night.
Action 2	Bring a salad to work on Wednesday.
Action 3	Add a handful of spinach to my smoothie on Friday.

LEAFY GREENS

Your Challenge

Creative Solutions

Goal

Action 1

Action 2

Action 3

EAT THE RAINBOW

Your Challenge

Creative Solutions

Goal

Action 1

Action 2

Action 3

SEAFOOD

Your Challenge

Creative Solutions

Goal

Action 1

Action 2

Action 3

GRAINS

Your Challenge

Creative Solutions

Goal

Action 1

Action 2

Action 3

BEANS, NUTS & SEEDS

Your Challenge

Creative Solutions

Goal

Action 1

Action 2

Action 3

MEAT

Your Challenge

Creative Solutions

Goal

Action 1

Action 2

Action 3

DAIRY & EGGS

Your Challenge

Creative Solutions

Goal

Action 1

Action 2

Action 3