



Practical Goal Setting Discussion Questions

Jan. 2023

1. Are you interested in setting goals or working on a wellness plan? Why or Why not?
2. How do you decide what goal or goals to set? Have you tried looking at categories like those found in the wellness plan example?
3. What motivates you to make changes and work on your goals? Have you tried to add incentives to help you reach your goals? Why or why not ?
See LifeHack.org: [Your New Habits Will Stick with These 5 Killer Strategies>>](#)
4. Have you tried 'stacking' your new habit by pairing it with an everyday habit you do consistently? For example, after you eat breakfast you drink a full cup of water – if your goal is to drink more water each day.
See RealSimple.com: [Habit Stacking is the Easiest Way to Make New Habits Last...>>](#)
5. What are reasons you may resist goal setting?
6. What are ways you can prioritize your goal? What has helped you prioritize a goal in the past?
7. If you stop working on a goal, are you unlikely to pick it back up? Why or why not?
8. How can you break down your goals into smaller steps or daily/weekly tasks?