



## Where Do I Go From Here?

**Life is stressful but possible to change. This worksheet can help me start.**

Today's Date: \_\_\_\_\_ *Mothers in Motion* Lesson watched: \_\_\_\_\_

### VALUES: What's important to my life?

My personal values guide the important decisions I make for myself and my family. The values that are most important to me at this time are: (I have circled them below)

- Being happy
- Being healthy
- Having more energy to play with my children
- Being a good role model for my children
- Not feeling too stressed out
- Losing weight
- Other: \_\_\_\_\_

**Writing a GOAL helps me focus on what's important to me. Based on the values I circled above and information in the *Mothers in Motion* lesson I just watched, here's my specific, realistic goal for myself:**

\_\_\_\_\_

To help reach my goal, here is my written **PLAN** for some specific things I can do:

\_\_\_\_\_

### Change can be hard. Planning for challenges can help.

What challenges are likely to make it difficult to reach my goal? \_\_\_\_\_

\_\_\_\_\_

How can I overcome the challenges listed above? \_\_\_\_\_

\_\_\_\_\_

My start date: \_\_\_\_\_

On my start date, my first step toward achieving my goal will be: \_\_\_\_\_

**Importance.** On a scale from 0 to 10, how important is it for me to make progress toward my goal?

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Not important at all Very important

Why did I choose this number? \_\_\_\_\_



**Confidence.** On a scale from 0 to 10, how confident am I that I can make progress toward my goal?

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10  
Not confident at all Very confident

Why did I choose this number? \_\_\_\_\_

What can I do to improve my confidence? \_\_\_\_\_

**My log to track my progress every day:**

Day	How's it going?			Why?
Day 1	Great	Okay	Not so great	
Day 2	Great	Okay	Not so great	
Day 3	Great	Okay	Not so great	
Day 4	Great	Okay	Not so great	
Day 5	Great	Okay	Not so great	
Day 6	Great	Okay	Not so great	
Day 7	Great	Okay	Not so great	

**Follow up. How did my week go?**

These benefits happened in my and my child(ren)'s life throughout the week: (I've circled them below)

- Being happy
- Being healthy
- Having more energy to play with my children
- Being a good role model for my children
- Not feeling too stressed out
- Losing weight
- Other: \_\_\_\_\_

**Next week.** What can I continue or do differently to make more progress towards my goal and benefit my family? \_\_\_\_\_