

# YOUR PERSONAL GOALS



➤ *Challenge:*

➤ *Goal:*

➤ *Steps to Obtain Goal:*

➤ *Positive Outcome:*

*Challenges we may talk about in today's training:*

- ❖ Work/Life Balance
- ❖ Improving Communication
- ❖ Stress
- ❖ Moderate Drinking
- ❖ Parenting Skills
- ❖ Safety
- ❖ Healthy Eating
- ❖ Active Lifestyle
- ❖ Time Management

*This handout was developed under the Small Business Wellness Initiative. For more information, visit: [www.sbwi.org](http://www.sbwi.org).*