



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous

WELLNESS PATH

GOAL SETTING WORKBOOK



WELLNESS:
THE STATE OR CONDITION OF BEING IN
GOOD PHYSICAL AND MENTAL HEALTH.

PATH:
THE COURSE OR DIRECTION
IN WHICH A PERSON IS MOVING.



✓ SPECIFIC
✓ MEASURABLE
✓ ATTAINABLE
✓ REALISTIC
✓ TIMELY





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**"THE MOST IMPORTANT
THING ABOUT MOTIVATION
IS GOAL SETTING.
YOU SHOULD ALWAYS
HAVE A GOAL."**

FRANCIE LARRIEU SMITH

OVERVIEW

At Canadian Mental Health Association Peel Dufferin (CMHA Peel Dufferin), your wellness and your path to success is important to us. Let's work towards a brighter future and map out steps that you think will get you there.

Your Wellness Path Workbook is easy to use and will help you:

1. Understand where you are currently
2. Identify what your goals are in the personal, health and career areas of your life
3. Create a plan of action, to help you reach your goals

Simply follow the instructions and the Wellness Path will help you write down your vision, dreams and goals. As well as setting a time to help you reach each goal. Take your time, be honest with yourself, and don't be afraid to set big goals! Follow the action steps required to meet the time-frame you set to hit your goal.

If you think you're ready to realize your full potential, and live a fuller, healthier life, then get started right now, and begin your Wellness Path.

ENHANCE YOUR WELLNESS EXERCISE

Simply answer each question honestly and learn where you are currently in each category. This exercise will help you define where to focus your energy, in order to maximize your results, for big improvements and positive outcomes, such as:

- Long life in good health
- Thriving not just surviving
- Healthy Habits
- Physically Active
- Hope & Optimism
- Engaged in the Community
- Stable Employment
- More Income
- Self-sufficiency
- Resilience
- Intimacy & sexual satisfaction

Every question has a scale between one and ten, **one being 'least well'** and **ten being 'most well'**. Simply check the number that's closest to how you feel currently. Once you've answered all of the questions, add your results in each section. That number will give you an idea as to how well you're currently doing in that area of your life. Any area that scores between 0-15 could be areas you want to look into more closely for future goals.

"IF WE ALL DID THE THINGS WE ARE CAPABLE OF DOING, WE WOULD LITERALLY ASTOUND OURSELVES."

THOMAS EDISON

PHYSICAL HEALTH

1. How would you rate your overall physical health?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. Have you recently been assessed for your physical health?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. How consistent are you with being physically active?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. How would you rate your daily healthy eating?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How often are you sleeping well?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

SEXUAL HEALTH

1. Do you feel well in your sexual life?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. How satisfied are you with your intimate relationships?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. How would you rate your knowledge about sexual health overall?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. How comfortable are you with your sexual identity?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How important is safe sex?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

MENTAL / EMOTIONAL HEALTH

1. How emotionally well do you feel?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. How comfortable are you reaching out to someone for help?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. How positive is your day-to-day outlook on life?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. How happy are you with yourself?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How balanced is your life?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

INTELLECTUAL WELL-BEING

1. Do you feel well in your intellectual abilities?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. How open are you to learning new things?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. How often do you use opportunities to share knowledge and experiences?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. How curious are you as a person?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How would you rate your ability to remember information?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

SPIRITUAL HEALTH

1. How would you rate your spiritual health overall?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. Do you believe there is meaning in life?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. How much do you appreciate life, joy, and beauty?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. How important is it to celebrate your culture?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. Do you have opportunities to focus on your spiritual health?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

VOCATIONAL

1. Do you feel well in your vocation?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. Do you have opportunities to engage in rewarding activities?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. How would you rate your time management?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. How satisfied are you with your current work situation?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How important are volunteering opportunities to you?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

SOCIAL HEALTH

1. Do you feel well in your social life?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. Do you give support and care to others?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. Do you have meaningful relationships?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. Do you receive support and care from others?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How active are you in your community?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

FINANCIAL HEALTH

1. How satisfied are you with your financial well-being overall?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. How much do you understand your financial situation?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. How would you rate your budgeting skills?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. Do you pay your bills in a timely manner?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How would you rate your ability to manage debt?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

PHYSICAL ENVIRONMENT

1. Do you feel well in your environment?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. How well maintained and comfortable is your home?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. Are you close to community amenities/services?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. How would you rate your sense of safety & security?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. How active are you in contributing to your community?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

TOTAL: _____

CREATING S.M.A.R.T. GOALS



SPECIFIC

S

A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal, think about the answer to the six 'W' questions:

WHO: Who is involved?

WHAT: What do I want to do?

WHERE: Identify a location.

WHEN: Decide on a completion date.

WHICH: What do you need or what could stop you?

WHY: What are the reasons and benefits of reaching your goal?

Example: A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

MEASURABLE

M

Decide how you will measure your progress and stay on track with your goal.

When you measure your progress, you stay on track, reach your targets, and experience the thrill of being successful on your journey to reaching your goal. It can help you stay motivated!

To figure out if your goal is measurable, ask questions such as:

How much? How many? How will I know when it is accomplished?



ATTAINABLE

A

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin to see opportunities in a new light and bring yourself closer to attaining your goals.

You can reach any goal you set when you plan your steps wisely and create a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable-not because your goals shrink, but because you grow and expand to match them. When you write down your goals, you begin to build your self-image. You start to see yourself as worthy of these goals, and you become better able to be successful.



REALISTIC

R

To be realistic, a goal must be something you want to work towards and are able to reach.

A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal challenges you in some way.

A high goal is much easier to reach than a low one because a low goal doesn't push us to challenge ourselves. Some of the hardest jobs you ever accomplished actually seem easy simply because they were something you loved.



TIMELY

T

A goal should be created on a timeline. With no time line tied to it there's no eagerness or no feeling of importance. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you stick it with a time limit (i.e. "by May 1st"), then you've set your mind on the task of working on the goal.

If you make your goal realistic and believe it can happen it can (and will) happen. Another way to know if your goal is realistic is to think about if you have completed anything similar in the past or ask yourself what you could have done differently to reach this goal.



MY VISION

"IF YOU ARE WORKING ON SOMETHING THAT YOU REALLY CARE ABOUT, YOU DON'T HAVE TO BE PUSHED. THE VISION PULLS YOU."

STEVE JOBS

Use the following space to write down how you picture your life in the future. For example, a job opportunity that you would like to explore but for which you may need more training. So your Career Vision would be seeing yourself working in that job. Your Wellness Exercise scores can be used to help you identify your top three goal areas.

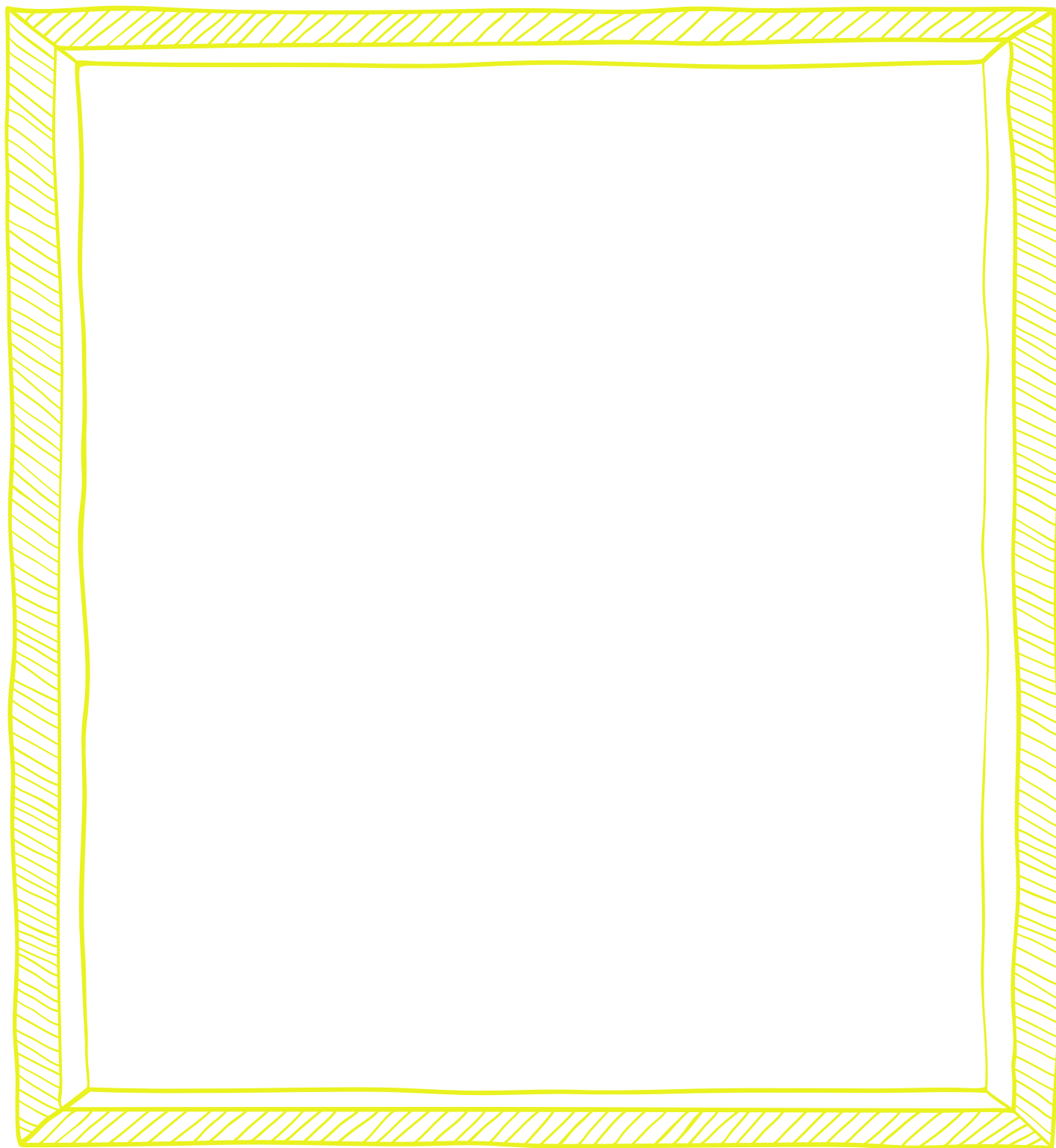


MY VISION BOARD

A vision board is somewhere you can put photos, graphics, quotes, written statements, or anything that reminds and excites you about your dreams and goals. It's something you can look at daily or as often as possible to remind you of what's important to help you stay on track with your vision for a better life.

***"DON'T BE PUSHED BY
YOUR PROBLEMS. BE LED
BY YOUR DREAMS."***

RALPH WALDO EMERSON



GOAL SETTING

Use the following space to help complete your goals. For example, receive the training/education you need to obtain the job you want.

**"SHOOT FOR THE MOON,
EVEN IF YOU MISS,
YOU'LL LAND AMONGST
THE STARS."**

LES BROWN

LONG-TERM GOALS

[illegible]

SHORT-TERM ACTION STEPS

[illegible]

**"A GOAL WITHOUT A
PLAN IS JUST A WISH."
ANTOINE DE SAINT-EXUPÉRY**

TIMING/DATE[illegible]

PEOPLE & RESOURCES THAT CAN HELP

[illegible]

Here's an additional goal setting page for you to write more goals, or perhaps refine what you've written on the previous page. Remember to have fun with your goal setting, be realistic, but dream big too!

"ALL OUR DREAMS COME TRUE, IF WE HAVE THE COURAGE TO PURSUE THEM."

WALT DISNEY

LONG-TERM GOALS

[illegible]

SHORT-TERM ACTION STEPS

[illegible]

GEORGE LUCAS

[illegible][illegible]

Canadian Mental Health Association Peel Dufferin, is a leading client-driven, community-based mental health and addictions organization. Our mental health and addictions services are dedicated to help people in their recovery, build resiliency and participate in the life of the community. We are also committed to community development, mental awareness and addressing the stigma surrounding mental illness and addictions.

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Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous



Ontario
Central West Local Health
Integration Network



United Way
Greater Toronto

Region
of Peel
working with you

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