



# 10 ways to reach your health goals

**Try these suggestions to get started on your wellness journey—and stay healthy throughout the year.**

- 1. Check in with your doctor.** Your primary care doctor can help you figure out which goals to start with and confirm they are healthy and realistic.
- 2. When you set your goals, think SMART:** specific, measurable, attainable, realistic, and timely.
- 3. Define your purpose.** Ask yourself why you chose this goal. Identifying what's most important to you will provide motivation.
- 4. Make it fun.** If your goal is to improve your cardiovascular health, sign up for salsa lessons or take walks with your favorite podcast.
- 5. Start small.** Pick one small behavioral change and practice that activity until it becomes part of your routine.
- 6. Be realistic about what you can achieve.** This will improve the likelihood that you'll stick with your goal.
- 7. Track your progress**—and be honest with yourself. Acknowledging setbacks can help you figure out what you can do to improve.
- 8. Be nice to yourself.** If you do slip up, don't let it bring you down or derail your progress. Change is about small habits adding up over time.
- 9. Challenge yourself.** This will encourage you to be better than you were yesterday, but don't overdo it.
- 10. Stay patient.** Avoid the dreaded “yo-yo” effect and develop long-term healthy habits instead.



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