

# Revive & Rejuvenate

## Wellness Clinic



### 6 Steps for Effective Wellness Goal Setting.

Goal setting to improve health and wellness might seem a little like overkill, but just as with anything else, your efforts should be given their best chance for success. Follow these 6 steps to discover a new way of thinking about health, and take action!

#### 1. Knowledge and education.

Sometimes health and wellbeing can seem pretty complex. Find out what you need to make your efforts successful and make sure you enlist the help of a qualified natural health practitioner. They will form part of your support team and cut through the red tape to help you personalise your treatment goals. You can certainly do your own research, but stick to reputable websites like PubMed or research journals that will provide you with clinically based, up to date information. Do not use Dr Google!

#### 2. Make a plan of action.

Now you're pointed in the right direction, start to make a plan and formulate your goals. Your practitioner may have provided a personalised treatment plan and if so, you can use this to support your efforts. Write down your goals in order of priority and give yourself some reasonable timeframes to achieve them. Think also about any challenges or stumbling blocks that may affect your progress and start to consider ways in which to overcome them.

#### 3. Get the tools you need to succeed!

Now that you have your list of goals, it's time to work out what you need to make them work. The tools you need might be related to an actual item or group of items (health or gratitude journal), a phone app (for fitness or meditation, etc), tools to assist with food prepping, list of foods to include (or avoid) a certain nutritional supplement, a yoga mat or gym membership.



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#### 4. Support

This is a factor that often gets overlooked, but your support network is super important to keep you motivated and help you succeed. Sometimes the journey to wellness can be challenging and it helps to stay connected to those who will support and encourage you. If you feel comfortable with it, talk to your family, your friends and other members of your social network and let them know what you're doing. Surrounding yourself with a supportive tribe may just give you that extra boost that'll get you over the finish line.

#### 5. Practice

Give yourself time to learn how to put your action plan into practice. Rome was not built in a day and no-one gets everything right the first time. Take small steps, and don't be afraid if things don't go exactly as planned. For example, you might need practice writing in a journal; you might forget some days, or it might just be really hard to get started. Working on gut health or weight loss can involve some trial and error. It might take a little while to work out what form of exercise really works for you, etc. Treat this as an experiment, but one in which it's in your best interests to have succeed!

#### 6. Persistence

If you don't have dramatic success in your first attempt, don't give up! Setting your goals and putting your plan into action might seem daunting at first, but keep working at it. Use a health journal to keep track of your progress and keep you motivated. Record your successes and challenges; you can discuss these with your health practitioner. Be kind to yourself, you can do this!

Got questions? Contact us:  
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