

Creating a Whole Health Goal with **IMPACT**

A goal is something we want and are willing to work for. We do the work because of the benefits that come from accomplishing the goal. **It is the potential benefits that motivate us to act.**

Create a whole health goal that is concise, easy to review and will ultimately lead to success in creating new health habits. **Does your goal statement answer these six IMPACT questions?**

I mprove

Does accomplishing the goal improve the quality of my health and resiliency?

M easurable

Is the goal objectively measurable so I know if I have accomplished it?

For something to be measurable, it usually has to state an amount — how much, how often or how many one wants.

P ositively Stated

Is it positively stated as something new I want in my life?

It is more motivating to work toward getting something that you want than focusing on something that you want to get rid of, avoid or change.

A chievable

Is it achievable for me in my present situation and with my current abilities?

If you do not think your goal is achievable within the given time frame, you can either lower the scope or change the time frame.

C all forth Actions

Does it specify actions that I can take on a regular basis to create healthy habits or a healthier lifestyle?

A goal is something you work to achieve over a period of time; therefore there are actions you can take to achieve your goal.

T ime Limited

When do I plan to accomplish my goal?

The goal needs to be stated so that you know by when you plan to accomplish it.

If you answered 'no' to any of these questions, then revise your goal so it meets all six criteria for IMPACT.

This document was developed for SAMHSA Primary and Behavioral Health Care Integration grantees by the SAMHSA-HRSA Center for Integrated Health Solutions. Visit www.integration.SAMHSA.gov for more tools and resources on setting health goals.

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