

6.8.3 Apply strategies and skills needed to attain a personal health goal.

Write a letter to yourself about your goal. You’re going to refer back to it when you need inspiration, so make sure it’s personal, and kept in a place you can go back to often.

Please include the following in your letter.

1. What is your goal?
2. Why did you choose it?
3. Who can help you?
4. What are some of the steps you are going to take to achieve your goal?
5. What are some possible roadblocks you could encounter? Include some ideas and messages of encouragement for yourself to help you get through them.
6. What’s the pay-off going to be? Be specific in describing the way you will feel when you have accomplished your goal.

Hey you!

Insert letter here!!!!

Good luck!

Me