

# Mental Health Break



**Castleberry & Associates**  
Counseling and Testing Services, LLC

## Body Image Series

### [Why can't I have the body I want?](#)

Accompanying resource:

### **Setting Goals for Improving Health**



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## Setting Goals for Improving Health

The best way to create a health improvement goal is to identify the specifics of what you want to change. For example, instead of the goal “eat more vegetables,” you would set a goal that “when I eat my lunch at the café by my work, I’ll also order a small side salad.” This way you indicate the “what,” “when,” and “where” regarding how you will implement a new goal. The more specific the goal, the more likely you will follow through. This is called implementation intention.

Other examples:

*I’ll practice deep breathing for 5 mins. at 8 p.m. in my bedroom.*

*I’ll drink 24 oz. of water in my kitchen while I make breakfast.*

*I’ll walk around the block of my building for 15 mins. on Tuesdays after my 1 p.m. meeting.*

Create your health or physical fitness goal below:

**What** is your goal? (be specific)

**When** will you implement it?

**Where** will this occur?

Other important info. (e.g., how you’ll measure the goal, start / end dates, etc.)

