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**(example)**

**Goals and Success Sheet**

**Goal:** I will be able to walk up and down the stairs without pain, pick up my grand children to play, and build health.

**Why: (get deep)-** I want to be able to play with my kids, I also want to be able to play pickup basketball at a high level and keep up with the younger crowd that comes.

**Readiness to change scale:** 8 of 10

**Budget:** An extra $100/week for myself, I will also stop drinking during the week to add an additional $20/week to my budget for health. This allows me to invest $120/week or $480/month toward my wellness!