

# MY GOAL TRACKER



To learn more about the THRIVE approach and how it can support your long-term wellness, sign up for our **Art & Science of Aging Well webinar**.

Jumpstart your health by setting **one** small Valued goal in one key THRIVE domain:



## Thoughts

It turns out, your thoughts are a key to good health. Positive thinking is a key to longevity: people who live the longest tend to have a positive outlook on life. It is never too late to shift our thinking habits.

**Examples:** Keep a gratitude journal for a week, think of three good things from your day before you go to sleep.

OR



## Health Habits

Simply moving and being active will benefit your health and mood. Talk with your healthcare provider to be sure the activity you choose is safe for you to do. Healthy eating is also a key ingredient for wellbeing, at every age.

**Examples:** Walk to your mailbox three times this week, plan your meals for the week.

OR



## Relationships

Being socially active improves health and well-being. Connecting with others improves mood and supports brain health.

**Examples:** Call a family member, meet a friend for coffee, attend a lecture or concert, join a group or volunteer.

OR



## Interests

Challenging your brain with regular mental exercise is just as important as physical activity. Like your muscles, your brain improves with use.

**Examples:** Explore library programs, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards.

OR



## Emotions

A wide range of positive lifestyle behaviours can improve physical health and mental well-being.

**Examples:** Try a yoga or meditation class, use a sleep routine, practice self compassion. If you think you need mental healthcare, reach out & ask for help. Through Wellness Together Canada, you can speak with a counsellor free of charge, access group or individual peer support and many more resources to support your mental health.



## My Valued Goal Is:

# TRACK YOUR GOAL



fountain of health

WELLNESS TOGETHER  
**Canada**

Keep your Goal Tracking Form somewhere visible, to remind you of your goal. You have the option to either fill out the form electronically on your computer or print a physical copy and manually track your progress. You can add notes for each day or just put "I achieved my goal today".

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							

Once you complete 4 weeks, you can share results with your friends, family or healthcare provider. You may continue to track your goal at [www.wellnessapp.ca](http://www.wellnessapp.ca).

***What if I do not achieve the goal I set?*** This is normal. You might want to switch it up completely or set an even smaller goal. **No goal is too small.** Small changes can lead to big health benefits over time.