MAKING RESPONSIBLE DECISION/SETTING GOALS

Chapter 2, Section 2

*GLENCOE HEALTH (2011)*

**BIG IDEA**: You can actively promote your well-being by making healthful choices and setting

.

**NEW VOCAB**:

* values
* decision-making skills
* goals
* short-term goal
* long-term goal
* action plan

**Decisions, Goals, and Your Health**

Achieving good health begins with making

Making decisions and setting goals means you’re taking in determining your life’s and .

The you gain as you grow older comes with more .

For example, you may have to:

1-

2-

3-

**Decision Making**

help you make successful, responsible choices.

Developing good decision-making skills will help you make responsible choices that to your and

The decisions you make reflect your personal and the values of your family.

-The ideas, beliefs, and attitudes about what is important that help guide the way you live

Talk with family members about your decisions so they can give you helpful .

**The Decision-Making Process**

Good can help a person make responsible choices that contribute to health and quality of life.

Steps that enable you to make a healthful decision

**THE HELP STRATEGY:**

**H-**

**E-**

**L-**

**P-**

**STEPS OF THE DECISION MAKING PROCESS:**

**1-**

**2-**

**3-**

**4-**

**5-**

**6-**

**Goal Setting**

Working toward goals helps you achieve your and .

Whether you reach your goals—and how successfully you reach them—depends on the you make now.

Just as you set life because you have dreams for the future, you also set goals for your in order to stay well.

those things that you aim for that take planning and work

**TYPES OF GOALS**

Time is a consideration when you’re setting goals. A can be accomplished fairly quickly.

- A goal that you can reach in a short period of time

A series of short-term goals can help you to achieve a .

- A goal that you plan to reach over an extended period of time

To reach your goal, you need an . This will help you turn your dreams into reality.

a multi-step strategy to identify and achieve your goals

**Developing an Action Plan**

Set a , realistic goal and write it down.

List the you will take to reach your goal

Identify sources of help and

Set a reasonable for achieving your goal.

Evaluate your progress by establishing

yourself for achieving your goal