

# Strong Parents, Stable Children: Building Protective Factors to Strengthen Families



## Goals for Better Health

Many of us want to take better care of ourselves, but it is not always easy. We might not think we have enough time, money, or energy to do things that will help us be healthier. But, if we focus on our strengths and what we already do or have in our lives, we set ourselves on a path to success. Taking steps to live a healthy life starts by first understanding what we already do well and then deciding what else we can do to improve.

**Read through the list below and mark some of the ways you already take good care of yourself:**

- ◆ Get enough sleep (not too much, not too little)
- ◆ Keep a regular sleep schedule
- ◆ Eat a variety of healthy foods
- ◆ Rest when my body tells me to
- ◆ Limit alcohol intake
- ◆ Avoid drugs
- ◆ Talk with others when I feel stressed
- ◆ Get regular exercise
- ◆ Spend some quiet time alone each day

What are some other ways you already take good care of yourself?

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What are some ways you would like to take better care of yourself?

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How can you make those changes? Come up with specific goals that you can reach.

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What else might need to change for you to be successful?

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When we share our goals with others, they can check-in from time to time to offer support and encouragement. Who can you turn to for help in reaching your goals?

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*When you take care of yourself it is easier to take care of others!*