

## Six Steps to Your Goals!

- ❖ **Pick realistic goals**-match your abilities.
- ❖ **Make a plan**-place yourself to get there with small steps.
- ❖ **Face challenges**-create ways to deal with things, such as time or money.
- ❖ **Ask for help**-support from your family and friends helps a lot.
- ❖ **Give yourself a break**-nobody's perfect, even you.
- ❖ **Pat yourself on the back**-even for a small success.

### To sit less and move more, I can...

- Watch TV less often
- Find some active fun to do with my friends after school
- Walk, bike, or roller-blade to the store, school, or friends' houses
- Help my family with chores
- Dance or walk to relieve stress
- Walk while I talk on the phone
- Play computer games less often
- Go out for a community or school sport

### Here's more I can do to move:

---



---



---

Adapted from *The Power of Choice Leader's Guide*

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.