

Eating well for healthy kidneys – Values, goals and rewards

Values

Write 3 personal values below

1.

2.

3.

SMART goals

You will be more likely to reach your goals, if you make them **SMART** goals

Specific	What action will you take?
Measurable	How much? How many?
Achievable	Are you able to do this? Is this something you have control over?
Realistic	Do you have the resources to achieve this? Time? Cost?
Timely	By what date do you want to achieve your goal?

Write 3 SMART goals below

1. My goal is to...

2. My goal is to...

3. My goal is to...

Things that might make it difficult for me to achieve these goals are...

Things I can do to overcome these difficulties...

Why are these goals important to me? Link to your personal values above

It will be useful to remind myself that...

Rewards

List 3 rewards (non-food) to celebrate when you achieve each goal above

1.

2.

3.

