

When you are setting your own personal Goals, remember the easiest Goals are SMART! SMART stands for Specific, Measurable, Attainable, Relevant, and Time-sensitive.

**Specific:** A specific Goal identifies exactly what you want to do. An example of a specific Goal is: "I want to lose 20 pounds over the next 3 months."

**Measurable:** A measurable Goal is one that allows you to monitor your progress. Measuring your progress can help you stay on track to reach your Goal by the target date you set. For example: "I will find an apartment to rent within sixty (60) days."

**Attainable:** Goals must be attainable or within reach. Goals that test your Strengths, experiences, and abilities are good, but realistic Goals are better. On the other hand, easy Goals are not challenging enough. An example of an attainable Goal is: "I want to walk for twenty (20) minutes, three (3) times a week."

**Relevant:** Goals need to relate to what is important to you. For example: "Find a place of my own close to my parents' home."

**Time-Sensitive:** Goals need to have deadlines or target dates. It may be more difficult to reach your Goal if you do not set a deadline. An example of a Goal with a deadline is: "I will apply for ten (10) jobs by the end of next month."

Your Goals reflect things that are important to you. When you have passion about something, you are more invested in making it happen.

If you need help identifying SMART Goals, ask your VA health care team for help.

Do you ever feel like you are stuck and need some help?

Do you want to make changes to your life but are unsure where to start?

**My Goals** is designed to help Veterans *like you* take control of your life and make change easier. **My Goals** leads you through a simple, step-by-step process to help you:

- ▶ Set Goals that identify what you want to do or change in your life
- ▶ Identify Obstacles or road blocks that may appear to be in your way
- ▶ Create Tasklists to help you tackle Obstacles
- ▶ Track and share progress you make towards your life changes and Goals

**My Goals** has easy steps that help you create a plan for achieving changes that are important to you.

**My Goals** can help you build a clear plan to do things like:

- ▶ Lose weight
- ▶ Find a job
- ▶ Reduce debt
- ▶ Let go of grudges, anger, and resentment
- ▶ And anything that is important to you!



**My Goals can help you accomplish things you never thought possible.**

### Helpful Resources:

- ▶ [www.myhealthvet.va.gov](http://www.myhealthvet.va.gov)
- ▶ [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)
- ▶ [www.va.gov](http://www.va.gov)
- ▶ Your VA Health Care Provider
- ▶ Your local My HealthVet Program Coordinator

Find a VA facility online:  
[www.va.gov/directory/guide/allstate.asp](http://www.va.gov/directory/guide/allstate.asp)

# What is My Goals?



"Whether you believe you can or you can't, you are right."

Henry Ford



**My Goals** provides an online tool to set and track Goals that are important to you. This feature is available on the My HealthVet website.

**My Goals** guides you through six easy steps to help you set and reach your Goals.



Using **My Goals** can help you achieve changes in your life you would like to make happen. **My Goals** can help you identify necessary actions to achieve the results and give you the drive to stick to your action plan.

**You can use My Goals to:**

- ▶ **Set Your Goals**  
Think about what you want to do in your life and build a plan to make those things happen.
- ▶ **Identify Your Strengths**  
Define what you do well and use these skills to help reach your Goals.
- ▶ **Identify Obstacles**  
Think about things that stand in your way and how you will deal with them.
- ▶ **Create and manage Tasks**  
Identify the actions you will take to overcome your Obstacles.
- ▶ **Track Your Goals**  
Follow progress as you record accomplishments.
- ▶ **Remember Your Goals**  
Set up email reminders to help you remember Tasks you need to complete to reach your Goals.
- ▶ **Reward Your Goals**  
Celebrate by giving yourself a Reward for reaching a Goal!

If you need help setting Goals, you can work with your VA health care team to define your personal Goals.



If you need help with using My HealthVet, contact the My HealthVet Help Desk:

1. Go to [www.myhealth.va.gov](http://www.myhealth.va.gov).
2. Select **Go To My HealthVet Enter Here** button.
3. Select **Contact MHV** located at the top of the page.

## How To Register For A My HealthVet Account:

- 1 Type **www.myhealth.va.gov** in the address bar on your web browser, and then select Enter.
- 2 When the My HealthVet homepage opens select the green **Register Today! Start Here** button, on the landing page, or select the red **REGISTER** button in the Member Login box on the right side of the screen, when you enter My HealthVet.
- 3 When the registration page opens, complete all the information. Under Relationship to VA, make sure you select **VA Patient** if you get your care at a VA health care facility. Next, review and accept the **Terms & Conditions** and **Privacy Policy** for using the My HealthVet website and the Secure Messaging Terms & Conditions (if you are a VA patient). Then select the red **Save** button at the bottom of the page.
- 4 After you have registered, go to **www.myhealth.va.gov** again. Then select the **Go to My HealthVet Enter Here** button at the top right corner of the page.
- 5 When the My HealthVet homepage opens, enter your **User ID** and **Password** in the Member Login box found in the right-hand column, and select **Login**. Bookmark **www.myhealth.va.gov** for future use.



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