



My Goals is a tool in My HealthVet that may help you identify, plan and reach your personal Goals. **My Goals** is designed to help you identify your personal Strengths as well as any Obstacles that might keep you from reaching your Goals. **My Goals** offers tips to assist you to create Tasks to overcome your Obstacles and help you to succeed.

You will be able to track and monitor the progress on completing your Goals. Most of the screens in **My Goals** have printer friendly pages you can print to share with your health care team during your regular visits.

Why Are Goals Important?

- A Goal is a something specific in your life that you would like to change or achieve.
- Setting Goals helps provide direction and purpose and gives you a sense of accomplishment.
- Setting Goals helps you focus on areas of your life and decide what you want to achieve.

What Are The Benefits Of Using My Goals?

- Tracking and completing Tasks helps provide motivation.
- Achieving your Goals helps to build self-confidence and promotes self empowerment.
- Sharing your Goals with your health care team promotes teamwork and partnership.

My Goals allows you to set-up email reminders for your Tasks as well as add and view your Tasks on your My HealthVet calendar.

Training for My Goals: There is a link located in the Resource Center on the right hand navigation of **My Goals** titled *Creating Goals with My Goals*. This link opens an online course that provides more information on how to use **My Goals**.

Visit the [Frequently Asked Questions](#). This site has questions and answers that may help you understand more about this feature and how it can help you partner with your health care team.

Getting Started with My Goals

1. Log into your My HealthVet account @ www.myhealth.va.gov
2. Select the **TRACK HEALTH** tab located on the red navigation bar
3. On the Track Health page, you can access **My Goals** by selecting:
 - The **My Goals** tab at the top of the page, or
 - The **My Goals** image, or
 - The **More** link under the image

My Goals offers six Steps that make it easy to achieve your Goal. These six Steps can help you overcome the common reasons people have difficulty reaching their Goals. To begin, simply press the **Get Started** button, located on the My Goals Introduction page.

Step 1. Create a Goal – Enter the name of your Goal. Then **Choose your Goal type** from a drop down list.

Step 2. List Personal Strengths – Enter what you are good at that will help you achieve your Goal.

Step 3. Identify Obstacles – Enter anything that may affect your ability to achieve your Goals.

Step 4. Create and Manage Tasks – Use this Step to help you identify what you need to do to overcome your Obstacle.

Step 5. Enter Goal Dates – Use this Step to help you identify when you are going to start and end your Goal.

Step 6. Enter Reward – Use this Step to Reward yourself for achieving your Goal.

With **My Goals** you are able to track the Goals you set. You may also view the progress toward your current Goals and view those you have completed. In addition, you can set up email reminders to help you achieve your Goal(s).