

REFLECT

DESCRIBE HOW YOU FEEL ABOUT YOUR CURRENT ENERGY LEVELS AND OVERALL HEALTH.

WHAT ARE THE FIRST 2 EMOTIONS THAT COME UP WHEN YOU THINK ABOUT YOUR ENERGY AND HEALTH?

JOY/HAPPINESS	SORROW	DISGUST	CONFIDENCE	OTHER:
CONTENTMENT	FEAR	WORRY	ANXIOUS	
PRIDE	SHAME	ANGER/FRUSTRATION	INDIFFERENT	

WITHIN OR AROUND THE CIRCLE ANSWER THE FOLLOWING QUESTIONS: A) WHAT IS IDEAL IN MY HEALTH AND WELLNESS, AND B) WHAT DOES HEALTH AND WELLNESS MEAN TO ME?



ASK YOURSELF "IF I COULD BE ANYTHING, DO ANYTHING, OR HAVE ANYTHING WHAT WOULD IT BE?"

WHAT ARE YOUR DREAMS? WHAT DO YOU WANT TO ACHIEVE IN LIFE?

WRITE A STORY OF YOUR DAY 10 YEARS FROM NOW. CREATE A CLEAR PICTURE OF AN IDEAL FUTURE AS IF YOU HAD NO LIMITATIONS. ANYTHING IS POSSIBLE! WHERE ARE YOU? WHAT ARE YOU DOING? WHO ARE YOU WITH? HOW DO YOU FEEL?

WHAT DOES YOUR LIFE LOOK AND FEEL LIKE IN 10 YEARS?

A large, empty rectangular box with a thin grey border, occupying the majority of the page below the text prompts. It is intended for the user to write their responses to the prompts above.

WHAT'S HOLDING YOU BACK? DIG DEEP WITHIN YOURSELF - WHATS BEEN HOLDING YOU BACK FROM ACHIEVING YOUR HEALTH GOALS? TIME? FEAR? MONEY? MINDSET? BY IDENTIFYING YOUR BARRIERS YOU WILL BE ABLE TO TAKE THE NECESSARY STEPS TOWARDS REMOVING THE BLOCK, OR OBSTACLE MORE EFFECTIVELY.

WHAT'S STANDING IN MY WAY?

WHAT CAN I DO TO OVERCOME THIS?

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FIND YOUR 'WHY'. WHY IS THIS GOAL IMPORTANT TO YOU? WHY DO YOU GET OUT OF BED EVERY MORNING? WHAT IS YOUR PURPOSE, CAUSE, BELIEF BEHIND WHAT YOU DO? THIS MUST GO DEEPER THAN AESTHETICS OR A NUMBER ON THE SCALE. EVERY DAY WE HAVE A LOT OF CHOICES TO MAKE, AND COMING BACK TO YOUR 'WHY' DURING CHALLENGING TIMES CAN HELP MOTIVATE YOU TO KEEP MOVING FORWARD TOWARDS YOUR GOALS. IMAGINE WHAT IT WOULD FEEL LIKE TO WAKE UP INSPIRED TO PRACTICE SELF CARE, TO FEEL GOOD ABOUT HOW YOU NOURISH YOUR BODY, AND FEEL FULFILLED (NOT DEPRIVED OR ASHAMED) AT THE END OF THE DAY!

HOW WOULD THINGS BE BETTER IN YOUR LIFE IF YOU COMMITTED TO YOUR HEALTH AND HAPPINESS?

WHAT WILL EATING HEALTHY AND PRACTICING SELF CARE HELP YOU ACHIEVE?

WHY DO YOU WANT TO MAKE A CHANGE?

MY GOALS

Example:

I pack a healthy lunch 5 days a week to bring to work



The WHAT
(present tense)



quantifiable & specific
(The HOW, WHY, or WHEN)

10 YEAR

I nourish my body with energizing foods all day that make me feel fit, vibrant, and confident!

I practice yoga and meditate every morning for 30 minutes

I make physical activity a priority every day

5 YEAR

I plan all of my meals and snacks for the week every Sunday

I journal for 10 minutes every morning after I meditate, and every night before bed

I exercise for 60 minutes a day 5 days per week

1 YEAR

I drink unsweetened green tea in the afternoon instead of soda, and I eat 1-2 fist sized servings of vegetables at lunch and dinner

I start my day with a 10 minute meditation

I exercise 30 minutes per day 3 days per week

MY GOALS

10 YEAR

5 YEAR

1 YEAR

YOUR SUCCESS PLAN

What is one thing that would have the most positive impact on your health over the next year? What is that first step, the smallest possible thing that you can do to help move you forward towards that 1 year goal?

Now brainstorm all of the necessary action steps that need to be done in order to meet that goal 1 year from now. Be very specific and include things like; due dates, how long, how much, how frequently, etc. Create your staircase that will lead you into that dream life of yours.

