



Modern Wellness

## **Goal Setting Guide**

*A Roadmap to Lasting Health & Wellness*



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It is health  
that is real wealth  
and not pieces of  
gold and silver

~Mahatma Gandhi



# AWARENESS

To create real change you have to get down to the honest truth about what you want to change and sometimes more importantly, why you want it to change. Our logical mind can tell us we want to lose weight, but our emotions will overrule us every time if we don't replace the emotion of eating with the emotion of what we want more. This exercise is to help you pinpoint what you want to change and why. It can be beneficial to keep asking yourself "why" until you can feel the emotion of the desired outcome.

We're going to start out simple at first so you can bring to the forefront some of the things that you may want to change.

## *Your Health Habits*

(Rate your habits on a scale from 1-10 with one being the lowest)

1. \_\_\_\_ I drink water everyday
  - a. If so, do you drink more water than other liquids? If not, you should be!
2. \_\_\_\_ I eat fresh fruits and vegetables
  - a. How often? \_\_\_\_\_
3. \_\_\_\_ I eat food prepared at home
  - a. How often? \_\_\_\_\_
4. \_\_\_\_ I am at my ideal weight
  - a. What is your ideal weight? \_\_\_\_\_
5. \_\_\_\_ I avoid harmful foods and/or substances
6. \_\_\_\_ I exercise weekly
  - a. How often? \_\_\_\_\_
7. \_\_\_\_ I get adequate rest
  - a. How many hours? \_\_\_\_\_
8. \_\_\_\_ I feel happy & calm most of the time
9. \_\_\_\_ I live without physical pain
10. \_\_\_\_ I am full of energy & vitality
11. \_\_\_\_ I support my body with a healthy supplement



## Your Top Health Concerns

Based on the areas above what three things would you like to work on first - list in order of importance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Your Reason to Change

This is where you want to get at the heart of the matter. One word answers will give you a clear indication that you're not really ready to commit to this change. Dig deep. Write it out. When we let thoughts and written they become much more powerful - you'll either realize they're nonsense or you'll realize they're a golden truth.

[illegible]

## Your Plan to Change

Right now you've got priorities or habits that are likely not serving you. Evaluate what you're willing to change, give up, and adjust to make room for the new you.

[illegible]



Begin With  
The End  
In Mind!

~Stephen Covey



## MY SIMPLE STEP IS...

This is going to be very personal based on your habits and goals. The idea isn't that you are quitting anything cold-turkey. What we're trying to do is slowly tip the balance of unhealthy behavior to healthy choices that serve you. Eventually your body will love you and crave the good things and you'll want to make more healthy choices.

### *Ideas of Simple Steps*

- Move your body for 30 minutes 3x a week, 15 minutes each day, or 10 minutes at lunch and right after work ends. (Clearing your head throughout the day refreshes you mentally and helps you be more present and focused on the next task or event.)
- Stop drinking beverages that contain sugar or do it only once a day depending on your current habit.
- Shut off all electronics 30 minutes and do deep breathing and stretching before bed.
- Create a bedtime routine so your body knows when it's time to start shutting down. Shutting off the TV and laying down doesn't generally tell your body it's time for bed.
- Eat one vegetable a day (a cucumber, some carrots, a simple salad, etc...).  
Bonus points for buying organic!
- When you go out to eat use the Stop & Go guide to order healthy options
- Replace one cup of coffee with a healthy smoothie.
- Drink water with your meals
- Stop buying products with High Fructose Corn Syrup

Print the following image and write down what your Simple Step is going to be. Each time you conquer your step, print a new image and post it up. Gradually you'll master the simple steps and overtime you'll notice that the changes you've made are building up your ability to resist the temptations and triggers!





*My Simple Step*



*My Simple Step*



What you think about  
you bring about!





# FINAL THOUGHTS

## *Accountability*

Your family, friends, and co-workers can be one of the most critical elements in whether or not you succeed at your goals. The people you surround yourself with should be ones that uplift and inspire you to make better choices and to become the best version of yourself. Share your goals, allow people to help you, ask them to join you! Sometimes people won't be supportive of your changes, pay them no mind. Their limitations do not have to be yours. You're not looking for the ones that don't support you, you're looking for the ones that do!

Don't forget to celebrate the small successes along the way. I know it can sometimes be easy to just move onto the next step but it's crucial for you to recognize your progress along the way. Feeling a sense of accomplishment is the best way to keep yourself motivated. One way you can celebrate your small win is to paste all of the Small Steps images that you've written down and then achieved into a small journal. It's easy to forget where you've been - this is a great exercise that allows you to easily look back on your progress.

## *Triggers*

All bad habits started somewhere along the way. We weren't born with them. Which means that you have the ability to change them. It will take awareness of how or why it started. Whatever the cause, you can conquer it. The trick is going to be being self-aware of your surroundings, outside influences, paying attention to your hunger level, your emotional state, and how tired you are. Almost all bad decisions are triggered because we are hungry, tired, bored, or overly emotional. If you can hone in on those aspects then you can overcome your limitations and change your habits.

Remember that we're slowly tipping the scale from the old you to the new you. Give yourself the best chance at success. That may mean that:

- You avoid the breakroom at work.
- You eat a small healthy snack before going out to eat.

- You remove people from your life that drain you emotionally.
- You use the TV as a reward for completing your simple step for the day, rather than using it to numb yourself.
- Get a pet, chew gum, take a walk, deep breathe... find something to relax yourself.
- Leave for work earlier so you don't arrive stressed from your commute.
- Take time for yourself so you can feel refreshed and present.

### *One Final Reminder*

**Never Quit On a Hard Day!** You will mess up along the way, give yourself grace. You are a work in progress, not perfect. Don't allow yourself to hang onto the common excuses and negative self-talk that will creep up. The new you is becoming more confident each day and you will reach your ultimate goals!

*Never let the fear of striking out  
get in your way!*

*~Babe Ruth*