

Redefining Healthy
**6 WEEKS OF SIMPLE STEPS TO
BIG CHANGES IN YOUR
HEALTH, HAPPINESS, AND LIFE**

**WEEK 0 WORKBOOK:
CREATING YOUR GOAL**



In order to create change, we need to know *where we want to go* and *who we want to be* once we get there.

I would like to take that idea one step forward...

How do you want to feel when you achieve your goal?

If you think about it goals aren't really about the goal itself...it's about how you'll feel when you achieve them!

So, set the timer for ten minutes, find a quiet space and answer the following questions:

What are the top three goals you want to accomplish over the next six weeks?

For example: I want to add healthier food into my diet, lose weight, have more energy, have a closer relationship with my children.

I want to:

1

2

3

Now, look at those goals and think about the feelings attached to those goals.

How will you feel when you achieve each goal?

For example: I will feel that I am putting my health first and I have more energy to make it through my workday if I eat greens every day, I will feel like a good mom once I make a connection with my 16 yr old son.

When I reach my goal, I will feel:

1

2

3

Let's go one step further: think about what it takes to make each goal a success.

For example, if the goal is to be healthier by eating more green vegetables, then in order for that to be a success I would need to shop for green vegetables so they are in the house to cook. Or, I can make a commitment to picking up prepared vegetables from my local health food store.

1

2

3

FINAL THOUGHTS

- How can you make each goal feel easy and fun? Remember, this program is supposed to be FUN :)
- Remember the *feeling* that you want to *feel* once you achieve the goal. This will be key in order to keep you on track for your goals.
- Have you thought about the ways you can set yourself up for success? This set is key: taking an active role toward achieving your goals.