

Unlock Better Health
Goals & Intention Worksheet

Goals and Intention

My one-month goal is:

My three-month goal is:

The reasons why I want to achieve these goals are (ask yourself “why” five times, each time digging deeper into the ultimate reason – connect your outcome with an emotion):

What I will be feeling and doing when I achieve these goals:

When I get stuck or fall off the wagon, I will do this to get back on track:

I appreciate my body as is because: