



GOAL:

PURPOSEFUL & PASSIONATE REASONS

LIFE PURPOSE

GOAL PURPOSE

SUPPORT: MY CHEERLEADERS

THINGS THAT HAVE WORKED IN
THE PAST

VISION

**WHAT WILL MY LIFE LOOK LIKE
WHEN THE GOAL IS ACHIEVED**

TOOLS TO UTILIZE OR OVERCOME
CHALLENGES

EXAMPLE: TRACK MY FOOD,
JOURNAL, PLAN MY MEALS

STRATEGIES: STEPS TO CHANGE

**WHAT DO I NEED TO DO DAILY
FOR THE GOAL TO BE ACHIEVED (LIST 2-3)**

EXAMPLE: EAT 5 FRUITS AND VEGETABLES DAILY

