

Your Road Map to Rock 2012! An Alternative to New Years Resolutions : Worksheet

Focus Area: *Health, Exercise,
Eating Healthier*

Success Would Look Like: *I am going to 3 fitness classes each week at the gym, and doing 1 outdoor activity such as snowboarding, hiking, walking, or biking each week. I have lost 3-5 lbs, and am stronger than last year and my back is healthier and less painful as are my knees. I am substituting sparkling water for wine 3 meals a week and healthy diet with lots of veggies, lean proteins and minimally processed foods.*

What do I need to Maintain? *Continue going to 3 classes a week at the gym when I'm in town. Keep my healthy eating habits, snowboard on Sundays in the winter and Walk in the meadow once a week in fall and summer. Keep getting good sleep and using the Foam Roller.*

What do I need to Change? *Find a way to work out the weeks that I travel. Add an outdoor activity to the off season. Stock sparkling water continuously at home. Consistently pack healthy food for lunch so I don't munch on junk.*

Are my daily decisions getting me closer to \longrightarrow or further from \longleftarrow where I want to be?

Am I spending my time, talent and treasure on things that bring me closer to the life I want?

If the answers are no, take time to reflect on my decision...



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