

Setting Your Lifestyle Change Goal

This exercise is to help you prepare to make a lifestyle change or many. The purpose of this exercise is to help you formulate in your mind and in your **heart** the reasons for your desire to make these changes and the outcomes you envision. There may come a point in this process that you feel discouraged and would lean towards wanting to throw in the towel and give up. Knowing your deep reason will help keep you on track to bring you to complete success. **Simply saying I don't like my life or how I feel sometimes is not enough.** Really getting to the root of why you want to live a healthier lifestyle will help when it's tough going ... and there will be tough times.

Let me give you an example of how to dig deeper for the true reason why you want to make lifestyle changes in your life. Answers to the question are in **blue**.

EXAMPLE

1. Why do you want to make this specific lifestyle change to your life?

I don't like how I feel every day.

1a. and why is that?

Well, I struggle to get myself up in the morning. I hit snooze a number of times and then have to drag myself out of bed.

1b. and why is that?

I just feel lousy. It feels like I don't get a good night sleep even though I sleep for 8 hours.

1c. and why is that?

Hmm I guess I just don't eat healthy and don't like many things in my life. My diet consists of fast food and quick and easy things to eat. I need to change this.

1d. and why is that?

Because I really want to enjoy coming home from work and spending time with my children. I want to stop just vegging every night and enjoy time with my children.

So, her goal for her Goal Sheet was ... **I want to stop just vegging every night and enjoy time with my children.**

Setting Your Goal Worksheet

Answer each level below to the best of your ability. If you need to put this down and think about it for a little while, then take that time but only with the knowing you will get back and complete. I want you (*the best you can*) to go a couple of “whys” deep into why you want to now make lifestyle changes to your life

1. Why do you want to live healthier or why do I want to make this specific lifestyle change?

1a. and why is that?

1b. and why is that?

1c. and why is that?

1d. and why is that?

Transfer your final explanation to your **Goals Sheet** (*which is a download*)! Now you are ready to get started.

KEEP THE GOAL SHEET (THAT YOU PLACE IN A PAGE PROTECTOR) POSTED SOMEWHERE TO KEEP YOUR GOAL IN FRONT OF YOU AT ALL TIMES.