

Goal Setting Action Pack

1. Get to know yourself better
2. Write your goals down based on REAL things that mean a lot to you
3. Take your time on this
4. Unless you have done this sort of goal setting before, aim to complete this over a few days so that you get it clear in your head and don't feel overwhelmed

Suggested completion schedule:

Day 1: Brain storm, wheel of life and stress test

Day 2: (after your welcome call) write your goals out on the Organising your thoughts page and complete the WHY and HOW sections

Day 3: Break your goals into 60 day benchmarks and 30 day benchmarks

Our time together is going to be about more than just changing what you eat and exercising in the gym. For you to be successful this time with your weight loss efforts, we need to change the approach that you have been taking. Up to now you've been stuck in a repetitive cycle of losing and gaining weight. Every time this happens, you get more frustrated, more fed up and it gets HARDER each time to lose the weight at the next attempt. It is my intention to help you change this dynamic.

Can you agree that your current lifestyle approach hasn't been serving you well? You would not be here if you wanted things to stay the same and only through making changes to your whole lifestyle might be find the right formula for your weight loss. By joining my services you have embarked upon a journey of self discovery that will take you to areas of your lifestyle that you never considered before today.

I identified a long time ago that I needed to work with my members on a highly personalised approach, that not only fit in with their own wishes and desires, but also fit in around:

1. Family life
2. Work life
3. Events, parties and occasions
4. Holidays
5. Unexpected occurrences

It is my guarantee to you that I can help you to develop this approach for your own lifestyle so that you never feel that you are failing, so that you never feel like you are falling on and off the wagon, so that you stop going around in circles.

If you can marry my approach to your lifestyle then we can build something that can truly last you and your family a lifetime, that can evolve as your understanding of your body and your mindset develops and as things in your life change around you.

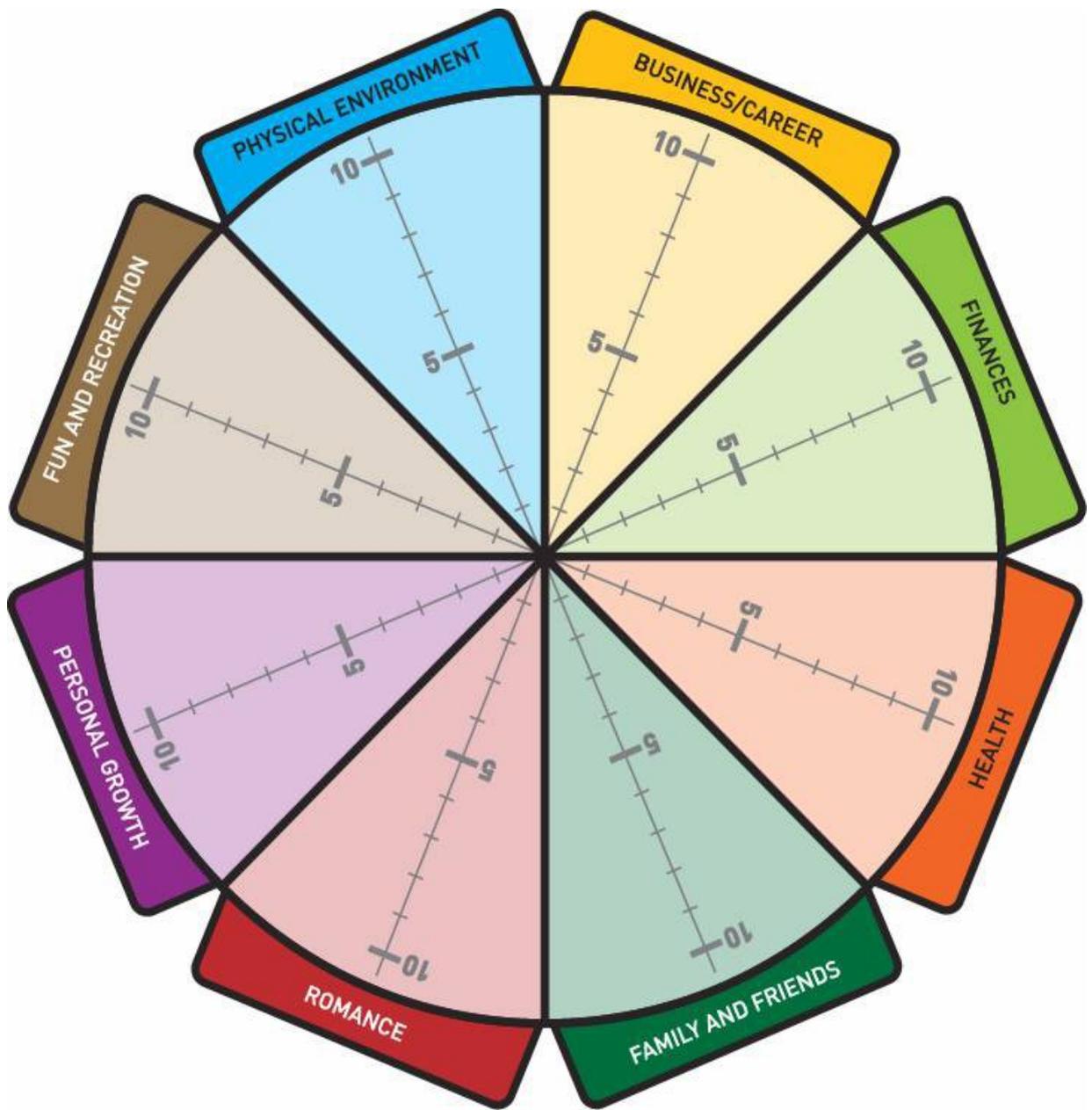
We are going to bullet proof you against failure, and get you to a point where you are 100% confident in the choices that you are making for your health, for your happiness and for the results that you want to see in your life.

We begin this journey by completing the 'wheel of life' followed by the 'stress test' which will help us to identify where your goals need to be focussed!

The wheel of life

This is a useful little task to get a good idea about where to focus your efforts in this process, over time we can repeat this task and see if you feel that your overall quality of life is improving, which ultimately is the aim! We are working on your weight loss but it is important to recognise that EVERYTHING in your lifestyle has the potential to affect your weight loss. Gaining a strong understanding of how all of this links together is essential to your success.

Simply mark on each segment scale where you feel on the scale from 1-10. We can then link dot to dot which will highlight which areas are needing some more attention. A full circle represents an 'ideal' life.



Stress Assessment

When we hear the word “stress”, we often equate that only to mental/emotional stress. Your boss is a jerk, you don’t like your job, your husband/wife is mad at you, you’re nervous about a big project at work, and things of that nature.

Mental and emotional stress do cause a reaction in the body, and so do many other forms of stress. Fill out this basic stress assessment to determine the overall stress load that your body is under! This tool can help you to identify your strongest areas, and where you might be able to make some changes.

Put a “TICK” next to each statement that is true for you.

Remember, this is a starting point. Try not to judge yourself. You are taking the first steps towards improving your health and changing your life, pat yourself on the back!

Nutritional Stress

Note: “Regularly” would be at least 1-2x/week

1. I regularly consume processed foods (Includes: store-bought desserts, foods which have extended shelf) lives, cookies, crackers, canned foods, boxed foods, etc... _____
2. I regularly consume soft drinks, such as soda, energy drinks, and/or sports drinks _____
3. I eat more conventional produce vs. organic _____
4. I regularly skip breakfast and/or other meals _____
5. I eat vegetables with less than 2 meals per day _____
6. I regularly consume fast-food and/or other low-quality restaurant foods _____
7. I have attempted to lose weight via calorie-restrictive “diets” _____
8. I regularly have digestion-related symptoms (Includes: gas, bloating, pain, diarrhea, constipation, acid reflux, general discomfort, etc...) _____
9. I consume less than half my body weight (lbs.) in water (oz.) daily _____

10. I regularly consume alcohol _____

Total # of X's _____ Low Nutritional Stress = 0-2 Moderate Nutritional Stress = 3-4 High Nutritional Stress = 5+

Physical Stress

1. I move (any form of exercise) less than 30 minutes per day _____

2. I do "cardio" (running, jogging, bootcamps, etc...) 2x/week or more _____

3. I suffer from chronic pain (any) _____

4. I wake up tired and/or don't get 8 hours of quality, uninterrupted sleep per night _____

5. I have a sedentary job/lifestyle and/or spend most of my day sitting _____

Total # of X's _____ Low Physical Stress = 0-1 Moderate Physical Stress = 2-3 High Physical Stress = 4+

Psychic Stress (Mental – Emotional – Spiritual)

1. Stress causes me to alter how I eat. (More, less, different foods, etc...) _____

2. I often worry about job and/or money _____

3. One or more relationships in my life are causing me stress _____

4. I am unhappy living in the location that I currently live _____

5. I often feel anxious _____

6. I get upset easily _____

7. A lack of intimacy in a relationship (or relationships) is causing me stress _____

8. I have become isolated, lonely, and/or suffer from depression _____

9. I am on prescription med(s) for psychological/emotional reasons _____

10. I get upset easily and often lash out at others _____

11. My life doesn't seem to have a purpose / I don't feel passionate about anything _____

12. I do not find my job to be rewarding, enjoyable, or fun _____
13. My sex drive is low/reduced compared to normal/the past _____
14. I am lost and/or confused spiritually _____
15. I am often worrying and/or afraid/fearful _____
- Total # of X's _____ Low Psychic Stress = 0-3 Moderate Psychic Stress = 4-6
High Psychic Stress = 7+

Chemical Stress

Note: "Conventional" refers to "regular" commercial products vs. clean/natural alternatives

1. I use conventional soap and/or shampoo _____
2. I use conventional household cleaning products _____
3. I use conventional make-up _____
4. I use conventional lotion and body care products _____
5. I use antiperspirant and/or conventional deodorant _____
6. I use scented commercial air fresheners/fabric "refreshers" _____
7. I use conventional bug spray _____
8. I use conventional sunscreen _____
9. I have at least one silver/amalgam dental filling _____
10. I have at least one root canal and/or dental implant _____
11. I use coated non-stick cookware _____
12. I heat foods in plastic containers _____
13. I drink unfiltered tap water and/or shower in unfiltered water _____
14. I regularly swim in chlorinated swimming pools _____
15. I take prescription or over-the-counter medications regularly _____
16. I work with chemicals, paint, and/or metals _____

17. I eat mostly conventional produce vs organic _____

18. I live in a city/urban area _____

Total # X's _____ Low chemical stress = 0-3 Moderate chemical stress = 4-7
High chemical stress = 8+

Electromagnetic Stress

Over the last several years, a solid amount of research has been coming out, giving scientific validity to the long-held belief that electromagnetic radiation (EMF's) is detrimental to our health. We are energy, and have our own electromagnetic field – therefore our energy/electromagnetic field can be, and is, disrupted by outside sources of EMF's.

1. I have been x-rayed more than a few times in my life _____

2. I spend most of my day at the computer _____

3. I keep my cell phone on my person at all times _____

4. I sleep with my cell phone in my bed or on my nightstand _____

5. I am exposed to wireless internet (wi-fi) for a majority of the day/night _____

6. I live near a cell phone tower (everyone in urban areas) _____

7. I work with two or more monitors on my computer _____

8. I mostly read on an electronic device vs. books _____

9. I have a "smart meter" , which reads the electric meter on my home/apt. _____

10. I have been through CT scans and/or MRI's, or work around those machines

Total # of X's _____ Low Electromagnetic Stress = 0-2 Moderate Electromagnetic
Stress = 3-4 High Electromagnetic Stress = 5+

TOTAL: _____

Add up all the X's throughout the assessment and total them below.

Low Overall Stress Load = 0-11 Moderate Overall Stress Load = 12-24 High
Overall Stress Load = 25+

90 Day Goal Setting

Day 1 start date (today):

Instructions

1. Take a blank bit of paper and begin to write down some of your ideas about WHAT it is that you want to achieve.
2. You can do this as a spider diagram or like a diary entry.
3. The idea is to get all of those jumbled ideas out of your head and onto paper where you can begin to organise them.

Once you have done STEP 1 you can begin to categorise your goals into the following areas:

- Fitness – your health, nutrition, cooking, your exercise
- Fun – your hobbies, your treats, the things that bring you laughter and joy
- Family – time spent together, events, parties, simple evenings in your home, bonding, improving relationships, connections
- Focus (mindset) – self talk, meditation, mindfulness, self image, self awareness, self love and appreciation, gratitude

The reason we do this is to make sure that you are having a fulfilling lifestyle and working on health, happiness and confidence in all areas simultaneously. We don't want to sacrifice one of the areas in favour of another as this creates an imbalance and is more likely to lead to outcomes that are not wholly satisfying!

I want to help you create something that works for you, your family, around your other commitments and fits into your life nicely without too much compromise or sacrifice.

When you are looking to make changes, there is always an element of sacrifice, but hopefully with our focus being on a balance between these 4 areas, we can make sure that you are giving equal attention to creating a wholesome, satisfying lifestyle that gives you the results that you want to see!

Use the wheel of life exercise from earlier to help inform the different areas that you want to work on to develop the best version of yourself.

Organising your thoughts

Step 1: What do you want?

Use your notes and your exercises from earlier in the document and write down what you want to achieve in the next 90 days, be honest and realistic. I will discuss your goals with you personally so we can make sure that what you are targeting is achievable

1. FITNESS

2. FUN

3. FAMILY

4. FOCUS

Step 2: Why do you want it?

Now please explain why you want each of these goals? The deeper the WHY reason, the more likely it is that you will stick to the plan to achieve it! What makes you tick?

- FITNESS

- FUN

- FAMILY

- FOCUS

Step 3: How will you recognise your goal has been achieved?

What will you accept as evidence that you have achieved your goal? How will you know when you have what you want?

1. FITNESS

2. FUN

3. FAMILY

4. FOCUS

Benchmarks and check ins

We are following a 90 day process, but this CAN FEEL LIKE a relatively long time ahead of us, so in the mean time I want you to set some interim benchmarks that we can check off along the way to keep your motivation and accountability as high as possible.

We will have a thorough check in of your progress on day 30 and day 60, so we need to get an idea of what you expect to achieve at these points in the process. It is often simplest to go back to what you want to achieve by day 90 and then work backwards.

For example if your aim is to lose 6kg over 12 weeks, your 30 day benchmark could be a loss of 2kg and your 60 day benchmark could be a loss of 4kg

For example if your aim is to control your mindset and your emotions and feel calmer and more confident, your 30 day benchmark could be to complete 300 minutes of meditation (e.g. 10minutes per day), your 60 day benchmark to be 600minutes of meditation and your 90 day benchmark could be to have completed 900 minutes of meditation.

For example if your goal is to spend more time with your kids, your 30 day goal could be to have 1x 1-2-1 date with your kids every other week (ie 2 dates in 30 days), your 60 day goal could be to have completed 3 more 1-2-1 dates with your kids, and your 90 day goal could be to have completed 4 dates in those final 4 weeks.

I hope you can begin to see that this programme is not just about exercise and food, there is more to weight loss than meets the eye. I am not a conventional coach, I want to help you live the most fulfilled, healthiest, happiest life that is possible and we will leave no stone unturned! If you are prepared to embrace this process, you can have results that you never even imagined!

Now write down your 60 day benchmark

Date of day 60:-.....-.....

I will have achieved:

1. FITNESS

2. FUN

3. FAMILY

4. FOCUS

Now write down your 30 day benchmark

Date of day 30:-.....-.....

I will have achieved:

1. FITNESS

2. FUN

3. FAMILY

4. FOCUS

Final word

Goal setting has to be a fluid process as things in our lives change and as you evolve as a person through the coaching that you receive you may realise that you want to change some things, and that is totally fine!

This is a process that I would love you to adopt and make your own as you move through my coaching and discover what YOU COULD achieve in these 90 day blocks!

Always come to me if you are confused, this is a new way of approaching weight loss, and once you wrap your mind around it you will see how powerful it can be to do it this way.

