

Staying on the Health Track - Worksheet

Name:

Celebrate your achievements: List them here.

What rewards do I want?

What healthy habits do I need to keep?

What's the difference between a lifestyle change and a diet?

What benefits are you experiencing due to your healthy lifestyle?

What lies do you tell yourself? What is the truth?

What issues outside of health have you noticed about your life you'd like to work on?

Which one from the above will I work on next?

How can I assure success with this new issue?

In what ways can I systemize my health journey?

Describe ways to stick to your plan yet adjust it to make it more exciting?

What is one body goal I can add to my fitness?

What steps do I need to take to achieve it?

Why do I want to achieve it?

What is one long term goal I have now that I can work on?

ADDITIONAL THOUGHTS
