

### 3 Element Health Plan

Phase VI

Goal Plan

(Week 21-24)

Your name: .....

Date: .....

#### Time for celebrating

By now you have worked very hard towards Your Health Goal. It is time for You to reward Yourself. Time to celebrate.

List out 3 different things that You will do to reward Yourself. This could be anything from buying your favourite new book and making time to read it to inviting a bunch of friends for a good `catch up` to treating Yourself to a new pair of jeans etc.

I will reward myself by

1. ....
2. ....
3. ....

## Going forward

You are now on Your own, You have come so far, You understand Your goal, You understand what it means to You, You understand Your motivation, You understand your strength, but most importantly

YOU NOW KNOW YOU CAN DO IT

Soon Your Goal post could move, You might set out for a new goal. If so it will be a good idea to start over with the Goal Planner, beginning with week 1- 4, Phase I., right through to Phase VI.

## And Finally

A massive `Well done ` to YOU for getting this far, for all Your efforts, for all Your achievements.

## Celebrate the New You.

I leave You with one of my favourite quotation:

**`What you get by achieving your goals  
is not as important  
as what you become by achieving your goals.`** (Zig Ziglar)

For your additional free bi-monthly HealthyFitFactSheet go to [www.wellnessradar.com](http://www.wellnessradar.com)