

3 Element Health Plan

Phase IV

Goal Plan

(Week 13-16)

Your name:.....

*"Everyone who got where he is has had to begin where he was."
Robert Louis Stevenson*

Looking ahead

You have by now travelled a respectable journey towards achieving **Your** personal goal. If **You** have followed the plan in its entirety **You** will by now have lost weight, feel a lot healthier , have regained desired energy levels and the Health Plan has become a way of living for you.

In order to keep this great momentum **You** can now allow yourself to look up and see how **Your** achievement also positively affects other areas of **Your** life.

Please list out 3 different areas in **Your** life that have been improved since **You** embarked on this health plan:

1.....

2.....

3.....

This list above is a list of achievements due to **Your** commitment to the Health Plan. Please describe in **Your** own words how this makes **You** feel:

.....
.....

Your ability to achieve



What does the above exercise tell You about Your ability to achieve?

.....
.....
.....

The above exercise has shown clearly that You are very capable of achieving a goal. Please note down one or two other areas in Your life where You would like to apply this skill?

1.....
2.....

*"It's your aptitude, not just your attitude that determines your ultimate altitude."
(Zig Ziglar)*

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