

The 3 Element Health Plan

Element III Goal Planner

Weeks 9 - 12

Your Name:.....



Stumbling Block or Stepping Stone?

You have by now been on an 8 week journey towards achieving **Your** ultimate goal.

In Phase I and Phase II **You** have learned how to design **Your** personal strategy or route map. **You** have even allowed **Yourself** some breathing space by adding some stop gaps with time for rewarding, recuperation and possibly thinking time to adjust the strategy

As with everything else in life, you usually don't get from A to B without coming across some road works, traffic jams, detours, frustrating delays, flat tire etc. This means **You** have to make some adjustment to **Your** plan or even reset **Your** navigation system, so to speak.

Please list out below 3 possible adjustments that **You** had to make along the way towards **Your** optimum health goal:

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

Please describe in **Your** own words why **You** had to make these adjustments and how they made **Your** journey more enjoyable:

.....

.....

.....

The above exercise has shown that you are capable of spotting a potential `Stumbling Block` and yet finding a way to adjust and turn the stumbling block into a `Stepping Stone`

Looking ahead please list out one additional potential `Stumbling Block`:

.....

.....

Now list out 3 possible positive options on how to turn this Stumbling Block into a Stepping Stone:

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

You can use the same technique every time **You** find something gets in **Your** way or looks like a potential problem.

Remember a problem is only problem because there is a solution to it.

If there was no solution the matter would be a fact, not a problem.

There is some truly positive value in this statement. All **You** have to do is to `brainstorm` some possible solutions to **Your** problem and soon any potential negative `Stumbling Block` will become a positive `Stepping Stone`.

“ If you go to work on your plan,
your plan will go to work on you.
Whatever good things we build
end up building on us ”

(Jim Rohn)

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