

3 Element Health Plan

Phase V

Goal Plan

(Week 17-20)

"What it lies in our power to do, it lies in our power not do." Aristotle

Time for Revision

I would like **You** now to look back at **Your** Goal Planner for Phase I. Here **You** were asked to make a contract with **Yourself**. **You** committed to 3 different action steps towards achieving **Your** ultimate goal.

Please note down whether **You** were able to stick to the contract or areas where **You** could have done better.

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How do **You** think the above has affected the outcome of **Your** goal so far?

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"The difference between the impossible and the possible lies in a person's determination."

Tommy Lasorda

Has Your Goal Post been moved?

You were then asked to look at the bigger picture. Before looking back at **Your** goal planner, Phase I, please describe where **You** see **Yourself** at present and what **Your** ultimate goal is today?

It is very possible that **Your** goal post has been moved.

You either

* find that perhaps **Your** initial goal was too unrealistic

Or

* **you** recognized that **Your** potential to achieve is greater than **You** allowed **Yourself** to believe.

Which of the following applied and what kind of conclusion do **You** draw from that?

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