



VISION AND GOALS WORKSHEET

Example: ~~I will to lose 10kg~~
~~I need to lose 10kg~~
I have lost 10kg of wieght by July 13, 2017
present tense quantifieble & specific by when date

Apply The 5 Core Concepts:

1. Possibility
2. Vision
3. Balance
4. Format
5. Integrity

Remember :

Visulise your fitness/life in 12 months time
 What would you dare to do if you knew you could not fail?
 Describe what you see and feel in your ideal life.
 What do you look like? What are you doing then that you cant do now?

MY VISION

NAME: _____

NUTRITION PHYSICAL AESTHETICS
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12 MONTHS

9 MONTHS

6 MONTHS

3 MONTHS

