



GOALS AND FOCUS





Make lasting changes to your health and wellbeing

Get on top of your nutrition,
lifestyle and mental health so
that you can feel good in your
skin and thrive in work, life and
everything in between.

Do you try to get on top of your health
and wellbeing but always seem to land
back at square one?

Engage a Health and Wellbeing Consultant to
help you improve your eating habits, get on top
of your organisation and productivity, build a
healthier lifestyle and beat stress and feel
happier.

ABOUT ME

I was once unhappy, overworked and burnt out.
As a result my health began to decline and I lost
my ability to conceive naturally. I was riddled
with anxiety and depression and knew this was
not how I wanted my life to be. So I decided to
completely overhaul my lifestyle.

By prioritising my health and wellness, I started
to feel healthier, happier and more engaged at
work. Since doing so, I've made it my mission to
help organisations, schools and individuals to get
on top of their health, manage burnout and find
their happiness again.

LEARN MORE

CONNECT WITH ME

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GOAL DRAFTING

What are 3 priority areas of your health, wellbeing and/or mindset that you could focus on ?

ACTION PLANNING

To move forward, it helps to reflect on where we have been and where we are at currently. Considering your priority areas, what changes could you start making in your life to improve?

STOP DOING

DO LESS OF

CONTINUE

DO MORE OF

START DOING

What could the result of your hard work be? What would happen? How would life look?

PRACTICE THE 5 S'S FORMULA

John Berardi from Precision Nutrition developed the following '5 S's' formula to assist clients in finding the best habits and practices that get them closer to their goals.

01

Simple:

Small daily actions that can be done in the context of real life.

02

Segmental:

Break them down into defined and organised segments that you work at over time

03

Sequential:

Breaking things down into segments and practice in the right order.

04

Strategic:

Focus on that one thing—and only that thing before you move onto the next practice

05

Supported:

Practices supported by some form of teaching, coaching, mentorship, and accountability

PRACTICES BRAINSTORM

Using the goals you have in mind in your 3 priority areas, brainstorm as many practices you could adopt in order to help you to achieve your goal. Practices include: knowledge to develop (things to learn about), skills to master (what you need to know how to do) and actions required (habits and behaviours)

GOAL 1:

KNOWLEDGE REQUIRED

SKILLS REQUIRED

ACTIONS REQUIRED

GOAL 2:

KNOWLEDGE REQUIRED

SKILLS REQUIRED

ACTIONS REQUIRED

GOAL 3:

KNOWLEDGE REQUIRED

SKILLS REQUIRED

ACTIONS REQUIRED

MY GOALS

This activity is optional - used to refine your goals further.

Using your ideas from the previous page, refine what it is you are going to work on over the next 3-6 months. Remember to prioritise the most important actions that you need to take first.

GOAL	ACTION STEPS
	1.
	2.
	3.
GOAL	ACTION STEPS
	1.
	2.
	3.
GOAL	ACTION STEPS
	1.
	2.
	3.

REMEMBER: Great goals are:

1. Behaviour goals not outcome goals
2. About progression over performance
3. Include action steps to embed practices that get you to your goals
4. Great practices are simple, segmental, sequential, strategic and supported



HABIT TRACKER

Add your habits into the tracker and mark off as you practice each day.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

WEEKLY PROGRESS TRACKER

Break it down further.

*What are this weeks tasks to help you achieve your goals?
Keep track of your progress by ticking off each day as you go.*

TASK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TASK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TASK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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TASK

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FIVE WAYS TO IMPROVE HABITS

Consider the strategies suggested in the video, brainstorm how these could be applied in your daily life to make changes and embed new habits.

REPLACE UNHELPFUL HABITS

List some unhelpful habits you find yourself slipping into. Then, brainstorm some more helpful behaviours to try before the old one creeps back in.

1

2

FIND MINDFUL PRACTICES

List some mindful calming/relaxing actions you could use to help become more aware and reflective of your habits as they surface.

3

TEMPTATION BUNDLING

Pair an activity you don't want to do with an activity that you like doing. E.g. exercising with watching an episode of your favourite show

5

OUTSOURCE TASKS

What are some current tasks or jobs that you do that eat away at your time that could be done by somebody else to free us your time and energy?

4

STACK YOUR HABITS

What things do you like doing that you could do whilst trying new and more unappealing behaviours, actions or habits?



RESOURCES

01

THE SCIENCE AND PSYCHOLOGY OF GOAL SETTING

Read about how goal setting is an essential psychological tool for change in [this article from Positive Psychology](#).

02

GOAL SETTING 2021

Want to dive deeper into goal setting? Use this blog post by Melissa Ambrossini to prompt you across all areas of your life for the next year. [View the goal setting prompts here](#)

03

101 DREAMS ACTIVITY

Have no idea where to start and even what you want in life? Try using this activity to envision the life you want and begin your new life. [Download '101 Dream Activity' here](#)

04

BOOK: ATOMIC HABITS

Atomic Habits is the most comprehensive and practical guide on how to create good habits, break bad ones, and get 1 percent better every day.

05

ATOMIC HABITS VIDEO

Watch this 8 minute video to see the author of Atomic Habits explain how to embed new habits. [Watch video here](#)

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I worked hard to develop my content so you could learn
and grow.

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