

Your Lifestyle, Your Health & Body

Circle where you Rank How Important Your Body and Health are to you?

1: *Least Important* 5: *Somewhat Important* 10: *Most Important*

1 2 3 4 5 6 7 8 9 10

On the same scale, circle where you rank your actual Health & Body right now:

A Gap Between IMPORTANCE and ACTUAL Indicates:

- | | |
|--|--|
| Need More Energy? Mid-day Crash? | Need to Lose Excess Fat? |
| Need to Reduce Stress? Frustration, Anger, Moody | Need to Restore Your Libido? Less Stress? |
| Need Better Mental Focus? Forgetful or Anxious? | Need to Reduce / Eliminate Pain? Less Drugs? |
| Need Better Sleep? Wake Up Rested and Ready to Go? | Need to Stop Addictions - Sweets, Salt, Alcohol, Cigarettes? |

Your HEALTH & BODY Why:

How motivated are you to change your Health & Body?

A Little: _____ One Foot In: _____ GAME ON!: _____

Why is it so important for you to change your Health & Body? (Be Specific):

If you could change anything about your Health & Body in the next 90-days, what would you change? (Be Specific): _____

What is your Health & Body Goal 1 year from now? (Be Specific): _____

What is your Health & Body Goal 5 years from now? (Be Specific): _____

List one thing you will Stop, Start and Continue to support your goal:

I Will Stop: _____

I Will Start: _____

I Will Continue: _____

Your Lifestyle, Your Freedom

Circle out of 10, how happy are you with what you are earning \$\$\$\$?

1 2 3 4 5 6 7 8 9 10

Now on the same scale above, circle how happy you want to be?

How happy are you with the game you're playing Monday-Friday?

1 2 3 4 5 6 7 8 9 10

Now on the same scale above, circle how happy you want to be?

A Gap Between How Happy you ARE and How Happy you WANT TO BE Indicates:
Not living life how you want! You have dreams to make a reality!

How motivated are you to ACHIEVE YOUR FREEDOM?

A Little: _____ One Foot In: _____ GAME ON!: _____

What does your Ideal Day look like?

Who are you with? Where are you? What are you doing? What are you wearing?

Write Out Your Lifestyle Goal, based on your Ideal Day (Be Specific): _____

If you could change anything about your Lifestyle with Money or Time Freedom in the next 90-days, what would you change? *(Be Specific):* _____

What is your Lifestyle Goal with Money & Time 1 year from now? *(Be Specific):* _____

What is your Lifestyle Goal with Money & Time 5 years from now? *(Be Specific):* _____

List one thing you will Stop, Start and Continue to support your goal:

I Will Stop: _____

I Will Start: _____

I Will Continue: _____

****Review your answers with your sponsor or upline to continue developing your 30, 60 and 90-day goals. Use the *Bold Goal* worksheet to commit to your goals**