

Values & Goals

Let's determine your values and goals! Values are something that matters to you and holds importance in your life. What do you value in your fitness and nutrition? Write down your top 10 values:

- 1. _____
- _____
- 2. _____
- _____
- 3. _____
- _____
- 4. _____
- _____
- 5. _____
- _____
- 6. _____
- _____
- 7. _____
- _____
- 8. _____
- _____
- 9. _____
- _____
- 10. _____

What obstacles stand in your way?

Now let's determine your goals! What are 5 goals you would like to achieve this year? Write them down:

1. _____

2. _____

3. _____

4. _____

5. _____

What steps do you need to take in order to achieve them?