

5 Weeks to Fabulous

Goal and Intentions

My five week goal is (state in a specific and measurable way):

My three-month goal is (state in a specific and measurable way):

What is my reason WHY? The reasons why I want to achieve these goals are (ask yourself “why” five times, each time digging deeper into the ultimate reason – connect your outcome with an emotion):

What I will be feeling and doing when I achieve these goals:

When I get stuck or fall off the wagon, I will do this to get back on track:

I appreciate my body as is, because: