VALUES-BASED
GOAL SETTING

Often times when we are setting goals, we focus entirely on the 'thing' we want to accomplish. Whether it's losing 15 lbs, or fitting into a size 6, or having Carrie's legs. Outright fixation on the 'thing', without quite considering why that goal is important to us.

While specific tangible goals like these are helpful, we have found more and more over the years that tying our goals to our values, makes them 100% more meaningful, and that much more likely to be actively pursued, and accomplished in time.

We as a team saw need to develop a goal setting worksheet that really invites the member to tap into more than just scale or clothing size numbers, and instead look at things differently.

This template is designed to make us dig more into the 'why' (our reasoning/purpose) behind the 'what' (the goal).

Filling this out WILL challenge you to think, and think deeply, but having shared it several times so far this last week, feedback has been tremendous, and more than a couple have thanked us profusely for inviting them to dig deeper into themselves and help uncover how they want to feel, in multiple aspects.

Falcon
N U T R I T I O N

VALUES-BASED
GOAL SETTING

- GOAL -	- GOAL -	- GOAL -

- WHY IS THIS IMPORTANT TO ME? -	- WHY IS THIS IMPORTANT TO ME? -	- WHY IS THIS IMPORTANT TO ME? -

HOW WILL THIS IMPROVE MY LIFE...

- PHYSICALLY? -	- PHYSICALLY? -	- PHYSICALLY? -

- MENTALLY? -	- MENTALLY? -	- MENTALLY? -

- EMOTIONALLY? -	- EMOTIONALLY? -	- EMOTIONALLY? -

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NUTRITION

- TIMEFRAME 1 -	- TIMEFRAME 1 -	- TIMEFRAME 1 -
- THINGS TO CHANGE -	- THINGS TO CHANGE -	- THINGS TO CHANGE -

- TIMEFRAME 2 -	- TIMEFRAME 2 -	- TIMEFRAME 2 -
- THINGS TO CHANGE -	- THINGS TO CHANGE -	- THINGS TO CHANGE -

- TIMEFRAME 3 -	- TIMEFRAME 3 -	- TIMEFRAME 3 -
- THINGS TO CHANGE -	- THINGS TO CHANGE -	- THINGS TO CHANGE -

- END GOAL DATE -	- END GOAL DATE -	- END GOAL DATE -