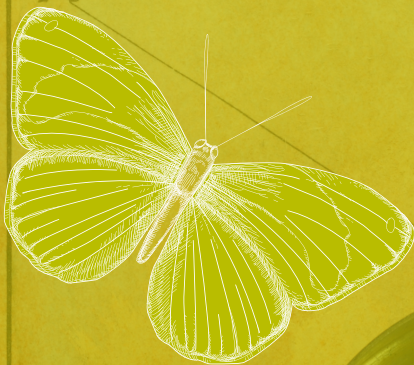


# Fitness Goals & True North

True north is a metaphor for finding the right path for you. When we really understand why we want something, the path is clear. When you know EXACTLY what consistent, lifelong fitness will do for you, it's going to be easier to stay on track when life gets messy.

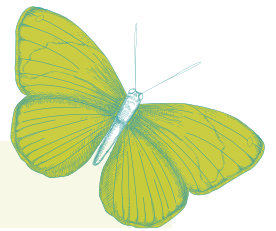




## FITNESS: WHAT DO YOU WANT?

If you could have all your fitness dreams and goals come true, what would they be? Write down everything that you'd like to have when it comes to your health and fitness.

How do you envision "FIT", what exactly would that look like?



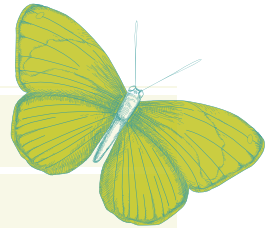

# YOUR WHYS.

Why do you want these goals and what will reaching them mean to you?

**Example:** Your goal is to lose 15 pounds.

**Example of WHY:** If I lose 15 pounds I'll feel better and my jeans will fit. What that means is that I'll be happier about the way I look, and I won't feel bad when I pass a mirror. I'll have more energy at the end of the day. I'll be able to do things I want to do. I won't worry that I'm always the slow one holding everyone back when I'm out playing with the kids or my friends.

Your turn. Take each of your fitness goals and write out what reaching that goal will mean for you.



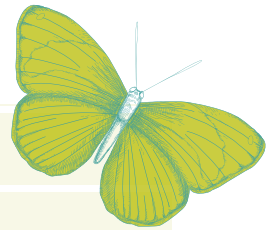

# THE UNSPOKEN DESIRES:

What else will reaching these goals mean for you?

So often we have desires we don't even want to admit.

Maybe losing weight might help you feel sexier in your relationship? Or getting stronger means you can always take that dream adventure trip you want to take but never feel quite ready for.

What are the absolute best outcomes reaching your fitness goals can do for you?

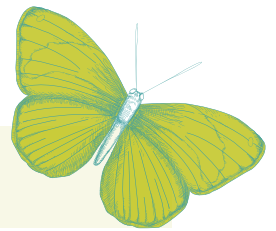



# CREATE YOUR PERFECT DAY.

From the time you wake up to the end of the day when your head hits the pillow, write out your perfect day.

Where are you, what are you doing, how do you feel, how do you look, what activities do you have planned, what habits are you keeping, or not doing anymore.

Write out your perfectly healthy, fitness-filled day.




**CREATE YOUR PERFECT DAY.**

