REASSESSING GOALS AND PROGRESS

Setting the Stage for Sustainable Success



What You'll Achieve This Week

- Reconnect with your long-term wellness goals.
- Review successes and challenges from the Reset phase.
- Identify tools and strategies to overcome barriers.
- Realign short-term goals with your vision for the future.

Content



Inside?



Celebrating Your WinsVisual



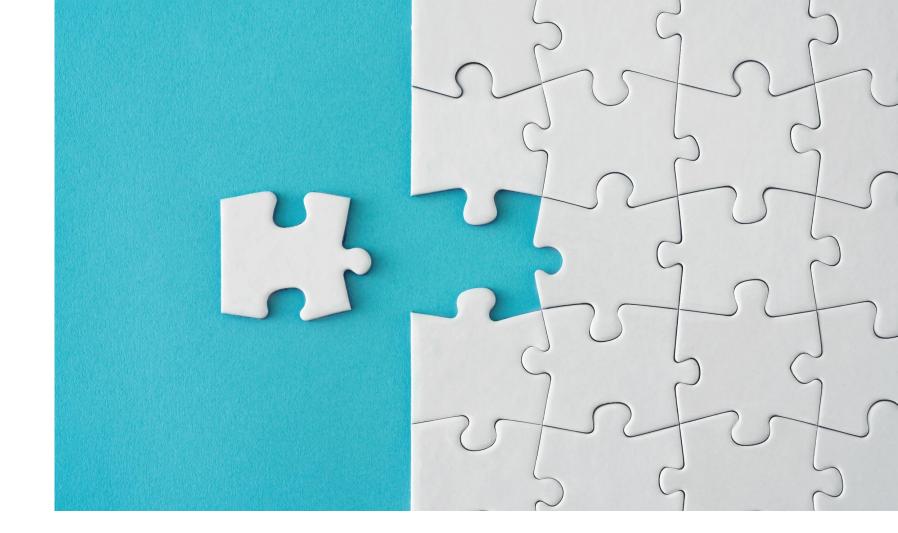
- . What went well during your Reset phase?
- How have you improved in these areas?
 - Energy levels.
 - Digestion and physical health.
 - Mental clarity.
- Write down three achievements you're proud of.



Challenges on Your Journey

- What obstacles did you face during the Reset phase?
 - Internal: habits, emotions, or mindset.
 - External: time, social settings, or resources.
- How did you address these challenges?
- Use the workbook to map recurring barriers.





Connecting Goals to Vision







- Is it still the same?
- What has shifted?
- SMART Goal alignment:
 - Specific, Measurable,
 Achievable, Relevant,
 Time-bound.
- Use your workbook for goal-setting exercises.

Tools of the Week



- Weekly Progress Tracker:
 Monitor habits and changes.
- Goal-Setting Workbook:
 Revisit and refine goals.
- Daily Reflection Journal:
 Capture lessons learned.
- Optional Group
 Accountability Check-in.



Your Action Plan





- Fill out your Weekly
 Progress Tracker.
- Share one goal in the community forum for support.
- Celebrate your Week 1
 progress by journaling
 nightly.



Thank You

