

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 Wins Visual



- . 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



- Reflect on your initial wellness 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



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- 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



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



Metabolic Reset

Thank You

