

CREATING THEN ACHIEVING YOUR 30-YEAR HEALTH GOALS

"A MAN WITHOUT A VISION FOR HIS FUTURE ALWAYS RETURNS TO HIS PAST."

- ULTRA HEALTHY MINDSET



Dream up and Create your Vision: To help you become clear on what you envision your future to be, take a moment and answer several questions:

1. How do I see myself 30 years from now?
2. What does my life look like 30 years from now?
3. What am I doing 30 years from now?
4. Who am I enjoying life with 30 years from now?
5. How do I look and feel 30 years from now?

30 Years from now I WILL Be:

1. _____
2. _____
3. _____
4. _____
5. _____

Excellent! Next, write down your reasons for wanting to live this life. Essentially, this is zooming in and focusing in on your WHY:

1. _____
2. _____
3. _____
- _____

APPLICATION EXERCISE #5

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Excellent! Next, write down your reasons for wanting to achieve these three goals. Your reasons are your reasons, so make them personal and emotional. The more personal and emotional you make your reasons, the more motivation you'll have for achieving them.

Terrific! Now that you have your 12-month goals and you've written down the reasons you want to accomplish those goals, let's break down your annual goals into quarterly goals. That way you can systematically achieve your long-term goals without getting overwhelmed or losing your motivation.

I will absolutely accomplish these goals over the next 3 Months:

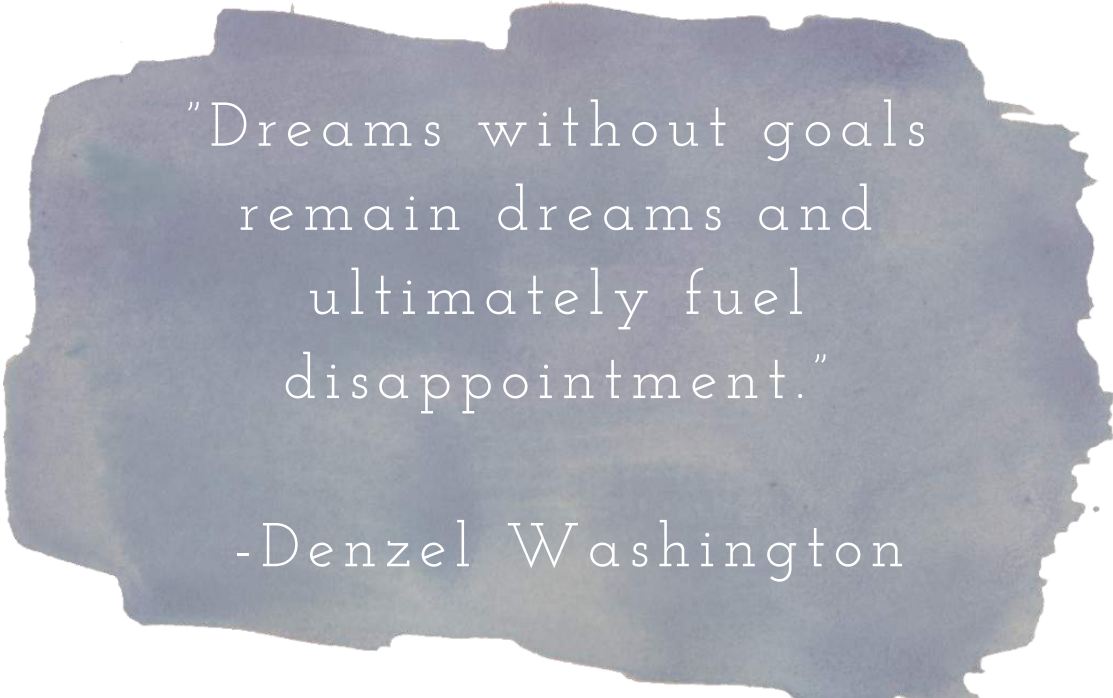
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30 years from now, I WILL be living My
Life Vision and experiencing
Extraordinary Health!

SIGNATURE: _____

*By signing this worksheet, you are agreeing to the goals that you have created and you are subconsciously telling yourself that you are committed to these goals and that you will do whatever it takes to achieve them.



"Dreams without goals
remain dreams and
ultimately fuel
disappointment."

-Denzel Washington