

THE NUTRISTIC METHOD

Goal Setting Worksheet

Date:

Directions: Putting your goals in writing helps serve as a reminder of what you want to accomplish. In order to get and stay healthy, it's critical for you to know *why* it's important.

What drives your desire to be healthy?

Is it because you are in pain, tired of feeling sick, not feeling your best? Is it because you want to do the work you love, be with the people you care about, see your grandchildren grow up?

Whatever it is, write down your motivation and why it's important to you and look at it daily.

DREAM BIG!

Write your goals as if they are already accomplished. For example, let's say one of your goals is to lower your A1C. Your goal will read, "*I lowered my A1C to 5.1.*"

List your health goals:

1.
This is important to me because...
2.
This is important to me because...
3.
This is important to me because...