Goal Getting + HABIT STACKING Plan

MAKE 2022 YOUR Best Yet!

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Welcome!

Congratulations on downloading your copy of the

2022 GOAL-GETTING
& HABIT STACKING ACTION PLAN!

It's time to get excited because ...

You've just taken the very first step in creating an absolutely **STELLAR YEAR**.

And not just when it comes to your health & wellness ... but in **every area of your life**.

I've specifically designed this workbook to help you break through your internal barriers, so that you can look back on 2022 as one of the BEST years of your life.

Fact → **Every year millions of people make New Year's resolutions to improve their lives.**

BUT ... more than 80% of those people GIVE UP on their goals, according to research.

This workbook is NOT focused on white-knuckling and disciplining yourself toward your goals.

That approach does NOT work.

Instead, we'll focus on the ONE THING that separates the people who only dream about their future success ... from those who turn their dreams into reality.

IT'S TAKING ACTION

But not just any action. Our focus is on intentional, deliberate action that:

1. **Works WITH your lifestyle**
2. **Adds real value to your quality of life**
3. **Gets (and keeps!) you excited about the future, and**
4. **Steadily moves you closer to your personal vision of success**

And you can even have a LOT of fun in the process.

WELCOME

At **W3 FITNESS**, we strive to help our clients feel inspired, supported, and empowered so that they feel successful every step of the way.

You're about to tap into a powerful PROVEN process for success.

Are you ready to get started!?

Let's do this.

Carlos Payte

Begin WITH THE END IN MIND

Close your eyes for a minute (after you finish reading this section!).

It's December 31st, 2022. You're sitting down with a friend for a delicious lunch, and you're looking back over the year.

You're thinking about how PROUD of yourself you are for everything you've accomplished ... for pushing yourself out of your comfort zone ... and for living the year with INTENTION.

You feel fulfilled, at peace, excited about the future, and SUCCESSFUL in the important areas of your life. Things like your:

- Relationships
- Health & Fitness
- Career
- Spirituality & Contribution
- Personal Growth
- Lifestyle & Adventure
- Finances

What does success look like in those areas for YOU?

And when I say "YOU" ... I'm not talking about how other people would define success.

I'm talking about **how YOU would define it**, and what that truly would look like for you.

One important thing to remember is that "success" doesn't always mean you've "arrived."

But it DOES mean you're happy with your progress in a certain period of time.

What does the little inner voice in your head whisper to you about the things you really WANT to do in your life ... the things that bring value, joy, and fulfillment?

A Few Ideas:

- A deeper, more committed relationship with your partner
- Completing a "bucket list" item like running a marathon, hiking a mountain, writing a book, etc.
- Finally being able to get off your medications
- Starting that side business ... finding your dream job ... or advancing up the ladder in your current position
- Losing that extra weight and regaining lost energy
- Paying off student loans
- Upgrading your living situation
- Feel calmer, happier, and more centered

Don't worry about how you'll get there. We'll cover that in the coming pages.

Right now:

1. **Take some time to envision your personal "success" goals ... and really feel them!**
2. **Imagine what your day-to-day life is like, and ALL the emotions you'll experience when they become a reality!**
3. **Write ALL of this down ... and don't leave any details out. (This is important, don't skip this step.)**
4. **Turn the page!**

A JOURNEY
BEGINS WITH A

Single Step

This is where the good stuff happens!

It's time to get practical.

It's time to scan your list and think about the HABITS you'll need to develop in your daily routine that will move you closer to your vision of success.

Note → **You do NOT have to overhaul your entire life with a dozen new habits now – don't worry about that yet!**

Examples of Results-Driven Habits:

- If your vision of success is a deeper relationship with your partner, your habit could be non-negotiable Friday night date nights!
- If your vision of success is climbing a mountain, your new habit could be going for hikes or long walks three days a week.
- If your vision of success is starting a side business, your habit could be spending a half-hour every day working toward it (or a couple of hours on the weekends).
- If your vision of success is reaching a specific health goal, your habit could be twice-weekly meal prep or prioritizing 4 workouts a week.
- If your vision of success is to feel more present or connected, your habit could be dedicating 10 minutes a day for prayer or meditation.

When you're coming up with your own habits, it's important to keep them realistic.

These can (and will) be habits that expand over time – adding time, energy, and resources as they become more ingrained into your daily routine.

Starting small and achieving daily and weekly wins will help you to build momentum ...

So that you'll actually be able to FOLLOW-THROUGH and CRUSH your goals this year.

YOUR Top 12

Take a look at your vision of success for 2022 and the areas of your life that are MOST important to you.

What are they?

Your goal is to come up with 12 results-driven habits that you can add into your life, one for each month. *(Remember to keep them simple and achievable - this is key.)

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2
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12

CREATING YOUR 2022 SUCCESS

Action Plan

Now that you have your 12 new habits, it's time to decide the ORDER you want to tackle them in. If you try to install too many new habits at once, you're setting yourself up for overwhelm and failure.

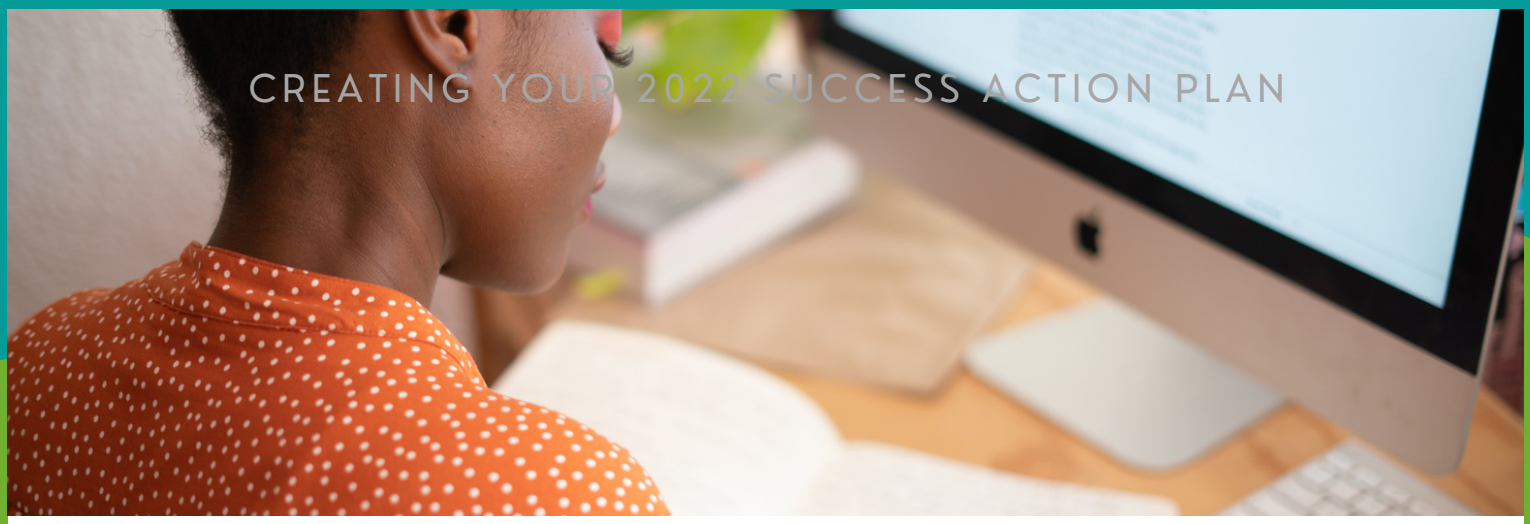
We'll start with just ONE in January, and continue adding ONE new habit every month for the rest of the year.

This approach may take just a little longer … but it is SO worth it because you won't be setting the exact same goals agin next year, like most people will in January 2023!

Which ones do you start with? We're big believers in starting with the habits that you feel:

1. **Most excited about, and**
2. **Will give you the highest reward.**

When you do this, you'll get quick wins that will help you stay motivated and give you a big shot of results right out of the gate!



Remember → **Make sure the habit is REALISTIC – something you actually have TIME for without creating a big disruption in your daily life.**

For example, it's probably not realistic to go from zero workouts a week to 6 hour-long workouts a week – but making time for shorter and/or less frequent workouts IS realistic.

You can always add later on as you become more proficient. The key is to motivate yourself forward toward SUCCESS with SUCCESS!

Each month you will ADD a new habit ...

So in January, you will start with one habit, in February you'll stack another habit, and you'll continue until December when you will have added 12 new success-creating habits to your life!

We've included 12 Habit Trackers (printable - one for each month) to help keep you on track and focused on your goals.

How To Use

YOUR HABIT TRACKER SHEETS

It's up to you whether you chart out your entire year of targeted habits NOW ... or you do it just before each new month begins.

Every month:

1. **Write down your new habit for the month and how many times each week you will do it.**

   To get even more specific, include WHICH days of the week you will do your habit.

→ **Examples:** "Workout for 30 minutes 3x every week on Mon, Wed, and Fri." "Spend a half-hour 5 days (m-f) a week building my side business." "Read 10 pages every day."

2. **Write down your "why" – why is this habit so important to you? Why are you including it as a success habit?**

→ **Examples:** "To feel closer to my partner." "To give me energy for my family." "To feel financial freedom."

3. **Track your progress by making a BIG "X" or color in the circle on the date you complete your habit in the tracker.**

→ Do NOT skip this step. Looking back on all that you have accomplished can motivate you forward.

Remember → **It's the JOURNEY - the daily actions you take - where the true success lives.**

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"GREAT THINGS ARE DONE BY A SERIES OF SMALL THINGS BROUGHT TOGETHER."

VAN GOGH

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"DON'T STOP UNTIL YOU'RE PROUD."

ANONYMOUS

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"IF YOU CONTINUE TO THINK THE WAY YOU'VE ALWAYS THOUGHT, YOU'LL CONTINUE TO GET WHAT YOU'VE ALWAYS GOT."

KEVIN TRUDEAU

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"YOU DIDN'T COME THIS FAR TO ONLY COME THIS FAR."

ANONYMOUS

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"BE STRONG, YOU NEVER KNOW WHO YOU ARE INSPIRING."

ANONYMOUS

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"DON'T BE PUSHED BY YOUR PROBLEMS.
BE LED BY YOUR DREAMS."

RALPH WALDO EMERSON

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY."

ANONYMOUS

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT."

ANONYMOUS

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"ONE OF THE MOST IMPORTANT PRINCIPLES OF SUCCESS IS DEVELOPING THE HABIT OF GOING THE EXTRA MILE."

NAPOLEON HILL

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"THERE ARE TWO WAYS OF SPREADING LIGHT: TO BE THE CANDLE OR THE MIRROR THAT REFLECTS IT."

EDITH WHARTON

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"DON'T SIT BACK AND LET THINGS HAPPEN TO YOU. GO OUT AND HAPPEN TO THINGS."

ANONYMOUS

MONTH

HABIT

MY Why

Color in each day that you have success with your new habit.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

"WHEN YOU FOCUS ON THE GOOD, THE GOOD GETS BETTER."

ANONYMOUS

Let's Go 2022!

I hope this 2022 Goal-Getting & Habit Stacking Action Plan helps you create a foundation of healthy habits that brings your vision to life!

The real magic that makes this approach a proven winner is not just the fact that you become clear on your vision of success ... but that you develop the lifestyle that helps you to achieve it.

I **believe in you and KNOW you are capable of greatness.**