



UNCOVER

ALIGN

ACHIEVE

Your Blueprint for
Values-Based Decision
Making

Welcome!

If you've ever set a goal and struggled to follow through, you're not alone. The problem isn't motivation—it's alignment. When your goals reflect **your values**, they become easier to achieve and more fulfilling.

This workbook will guide you through three simple steps to uncover what truly matters, set meaningful goals, and take action with confidence.

Let's dive in!

Step 1: Uncover—Identify What Truly Matters to You

Before setting goals, take a moment to reflect on what's truly important to you. Your values are the **core principles** that shape your decisions and bring meaning to your life.

Exercise:

1. Review the list of values below.

- Adventure
- Authenticity
- Community
- Courage
- Freedom
- Health
- Joy
- Love
- Personal Growth
- Spirituality
- Wealth
- Well-being

2. **Choose three values that resonate with you most right now.** Write them down:

1. _____
2. _____
3. _____

3. **Why did you choose these values?** Reflect on what makes them meaningful to you.

- _____
- _____
- _____

Step 2: Align—Turn Your Values into Meaningful Goals

Now, let's make sure your goals reflect your values. When your goals align with what truly matters, they feel natural and motivating.

Exercise:

1. **Where in your life are you NOT fully living these values?**

- _____
- _____

2. **Set one goal for each value that would bring more alignment into your life.**

- Value 1: _____ → Goal: _____
- Value 2: _____ → Goal: _____
- Value 3: _____ → Goal: _____

3. **Reframe your goals in a way that feels inspiring.** Example: Instead of "exercise more," try "move my body to build strength and energy."

- Goal 1 reframed: _____
- Goal 2 reframed: _____
- Goal 3 reframed: _____

Step 3: Achieve—Take Consistent Action

You've uncovered your values and set meaningful goals—now it's time to make them happen!

Exercise:

1. What's one small action you can take today toward each goal?

- Goal 1 action step: _____
- Goal 2 action step: _____
- Goal 3 action step: _____

2. What challenges might come up, and how will you handle them?

- _____
- _____

3. How will you track your progress and celebrate wins along the way?

- _____

Final Thoughts

When your goals are rooted in your values, they become easier to stick with—and more rewarding.

This is YOUR journey, and you have everything you need to create a life that aligns with what truly matters to you.

Ready to take action? Start today, and watch your life transform!

About Me

I'm Johana and I am a **Certified Life Coach** that specializes in Body Image and Pleasure.

I help my clients transform their lives by:

- ✓ **Understanding Thought Patterns**

I help my clients pay attention to where their thoughts come from. Often, what we think is factual is just a repetition of societal messages or things we've heard from family. Through my coaching, clients learn to distinguish between these external influences and their own true beliefs.

- ✓ **Fostering Self-Love and Patience**

One of the most significant changes my clients experience is learning to have patience and love for themselves as they are. This shift in mindset is crucial and often something they've never done before.

When they start to think of themselves differently, they begin to WANT to take care of their bodies, not out of a need to fix them but out of a genuine desire for self-care.

- ✓ **Reframing Movement and Nutrition**

With a newfound sense of self-love, clients begin to view movement as a way to care for themselves rather than a dreaded chore. They also start to consider what they use to fuel their bodies, making healthier choices because they want to, not because they feel they have to.

- ✓ **Addressing Perfectionism**

I help clients identify how perfectionism is holding them back from achieving their goals. By setting attainable milestones and celebrating their achievements, clients learn to see and love themselves as they are, without the constant need to be perfect. This naturally leads to better self-care and healthier habits.



✓ Creating Sustainable Change

My approach is about learning to love and trust yourself, deciding who you want to be, and how you want to show up for yourself. This deep sense of self-love is the foundation for creating lasting healthy habits. Clients realize that they don't need to fix themselves to be worthy; they are already worthy. This shift in perspective is the key to sustainable change.

Testimonial

"This is the last time I am going to struggle with my weight, thanks to Johana's program. I have learned to love and trust myself and decide who I want to be and how I want to show up for myself. This approach is drastically different from anything I've tried before, and it's made all the difference. I will be forever grateful, and you will be too!" – Megan Brown -

Join the Transformation

If you're ready to transform your relationship with your body and create lasting change, I'm here to guide you. Together, we can achieve your goals through a deep sense of self-love and intentional action. Let's start this journey to a healthier, happier you. [Schedule a FREE discovery call today!](#)