

GOAL SETTING GUIDE

THE BODY LOVE COACH



WELLNESS WORKBOOK

Our health and wellness is not just what we eat and how we exercise.

Holistic wellness includes how we take care of ourselves mentally, emotionally, spiritually, as well as physically. What areas of your health would you like to put more intention towards? Use this workbook to create a plan for your optimum holistic health, set goals, and create action steps to help you live your Wellness Vision!

BODY LOVE COACH



Introduction

WHAT IS WELLNESS



"Wellness" is a current popular buzzword that we seem to hear everywhere these days, but what does it mean? We're often left with an image of green smoothies and workout routines when we hear the word "wellness". However, our holistic wellness includes not only the things that we eat, how we move and exercise, which are both important aspects of our health, but how we take care of ourselves mentally, emotionally, spiritually, and even how we socialize!

Each of these areas of your health is like a puzzle piece, supporting each other for your health. This workbook will allow you to evaluate your current wellness, where you're at now, and help you create action steps to reach where you want to be – your Wellness Vision.

"Each of these areas of your health is like a puzzle piece, supporting each other for your health".

Section 1

SETTING YOUR GOALS

As you create the Wellness Vision of your optimum health, what goals do you have for yourself for the next 30 days? How about the next 60? 90? Write down goals that are specific, measurable, time sensitive, and achievable.

30 DAYS

ACTION PLAN

-
-
-
-

60 DAYS

ACTION PLAN

-
-
-
-

90 DAYS

ACTION PLAN

-
-
-
-

Section 2

LET'S ASSESS

Use this sheet to investigate where you are currently on your wellness journey. These questions will give you insight into the areas of your physical, mental, emotional and spiritual health. After you complete each section, review your answers to see which areas may need a little more intention as you work towards your Wellness Vision

How will you rate the following					
PHYSICAL		Never	Rarely	Sometimes	Always
	I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

How will you rate the following					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Section 2

LET'S ASSESS

Use this sheet to investigate where you are currently on your wellness journey. These questions will give you insight into the areas of your physical, mental, emotional and spiritual health. After you complete each section, review your answers to see which areas may need a little more intention as you work towards your Wellness Vision.

How will you rate the following					
	Never	Rarely	Sometimes	Always	
MENTAL	I enjoy learning new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I experience work life balance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I prioritize my time and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I make time for self care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I often feel a sense of gratitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Never	Rarely	Sometimes	Always	
SPIRITUAL	i feel connected to my purpose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I connect with something larger than myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	My work and values are in alignment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel that my days have meaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section 3

PLANNING AHEAD

Write down three goals that you hope to achieve this year. Your goals can be related to any dimension of your holistic health, including physical, mental, emotional, and spiritual goals.



1

.....

.....

.....

.....

.....



2

.....

.....

.....

.....

.....



3

.....

.....

.....

.....

.....

Section 4

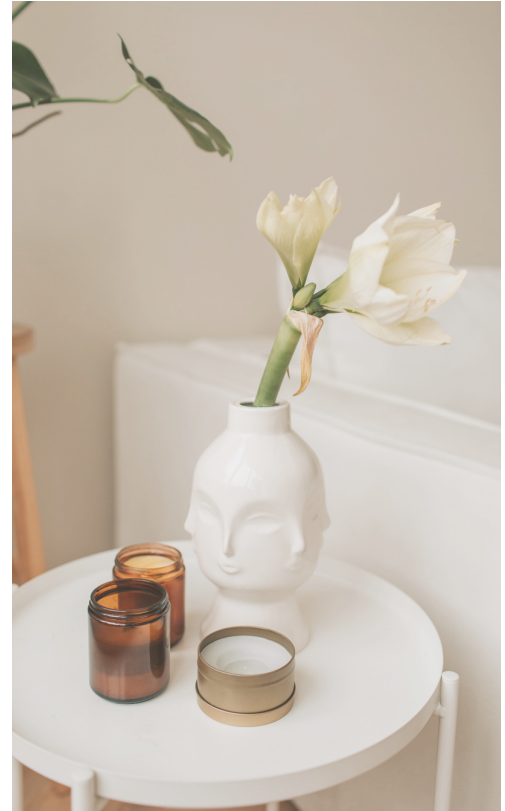
CHECKLIST

Physical activities for the week

- ☐ Exercise and/or go for a walk
- ☐ Eat healthy food and snacks
- ☐ Get 7 hours of sleep per night
- ☐ Enjoy stillness and/or meditate
- ☐ Spend time in nature

Emotional activities for the week

- ☐ Journal
- ☐ Listen to favorite music
- ☐ Spend time with family/friends
- ☐ Practice meditation
- ☐ Do something fun



Here are a few suggestions for easy activities that you can do to support your physical and emotional health this week. Check a few off of this list, or create your own activities and write them down!

Section 4

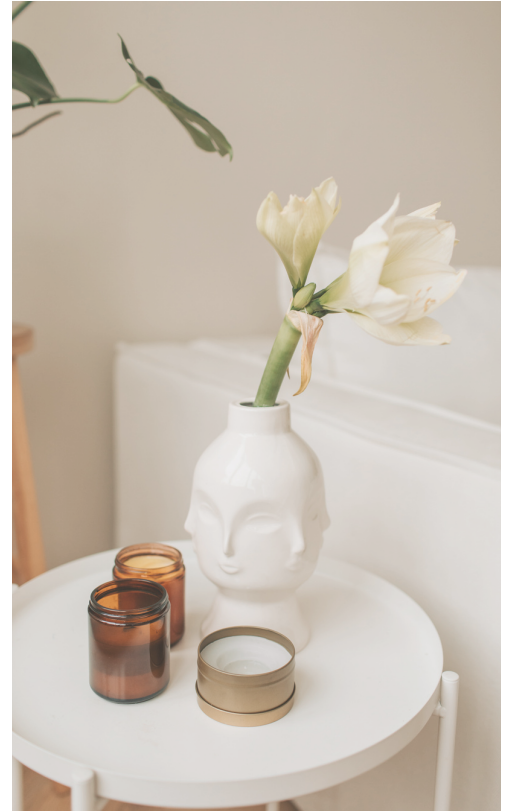
CHECKLIST

Mental activities for the week

- ☐ Read a chapter of a book
- ☐ Plan your week
- ☐ Research a new topic
- ☐ Call family member or friend
- ☐ Clear out clutter, get organized

Spiritual activities for the week

- ☐ Journal
- ☐ Meditate
- ☐ Connect with nature
- ☐ Light a candle or incense
- ☐ Other _____



Here are a few suggestions for easy activities that you can do to support your mental and spiritual health this week. Check a few off of this list, or create your own activities and write them down!



Section 5

ACTION STEPS

As you work towards reaching your health and wellness goals, take a moment to consider what action steps you can take today to get closer, as well as what barriers and support you may encounter on your journey.

1

What is one thing you can do today to reach your goal?

2

What barriers might you face as you work towards this goal?

3

What sources of support can help you accomplish this goal?

About THE AUTHOR

Hi, I'm Devin, The Body Love Coach. I'm a Holistic Nutrition Wellness Coach working to change the coaching game by introducing a body-positive, self-love focused approach to goal setting and optimizing your health. Through my workshops, one-on-one coaching journeys, as well as in-person and online intensives and opportunities, I hope to create a healthy, vibrant, body-positive Indianapolis!



DO YOU NEED
MORE HELP?

SCHEDULE A CALL



devine@bodylovecoachindy.com
www.bodylovecoachindy.com