



THE FIVE SECRETS OF VALUE-FOCUSED HEALTH



UNLOCK THE POWER OF VALUE-FOCUSED HEALTH

DISCOVER HOW ALIGNING YOUR WORKOUTS WITH YOUR CORE VALUES CAN TRANSFORM YOUR FITNESS JOURNEY. EMBRACE THE ESSENTIAL HABITS THAT WILL SUSTAIN YOUR MOTIVATION AND COMMITMENT TO A HEALTHIER LIFESTYLE.



TABLE OF CONTENTS

01 IDENTIFYING YOUR CORE VALUES

02 SETTING VALUE-ALIGNED HEALTH GOALS

03 LINKING HEALTH GOALS TO YOUR VALUES

04 STAYING MOTIVATED THROUGH VALUE
INTEGRATION

05 EVALUATING AND ADJUSTING YOUR
PROGRESS

IDENTIFYING YOUR CORE VALUES

IDENTIFYING YOUR CORE VALUES IS THE FIRST STEP TO ALIGNING YOUR FITNESS JOURNEY WITH WHAT TRULY MATTERS TO YOU. THIS CHAPTER WILL HELP YOU UNCOVER THE FUNDAMENTAL PRINCIPLES THAT DRIVE YOUR MOTIVATION AND SHAPE YOUR GOALS. BY UNDERSTANDING YOUR CORE VALUES, YOU'LL BE BETTER EQUIPPED TO CREATE A HEALTH PLAN THAT IS NOT ONLY EFFECTIVE BUT ALSO DEEPLY FULFILLING.

REFLECT ON PERSONAL EXPERIENCES

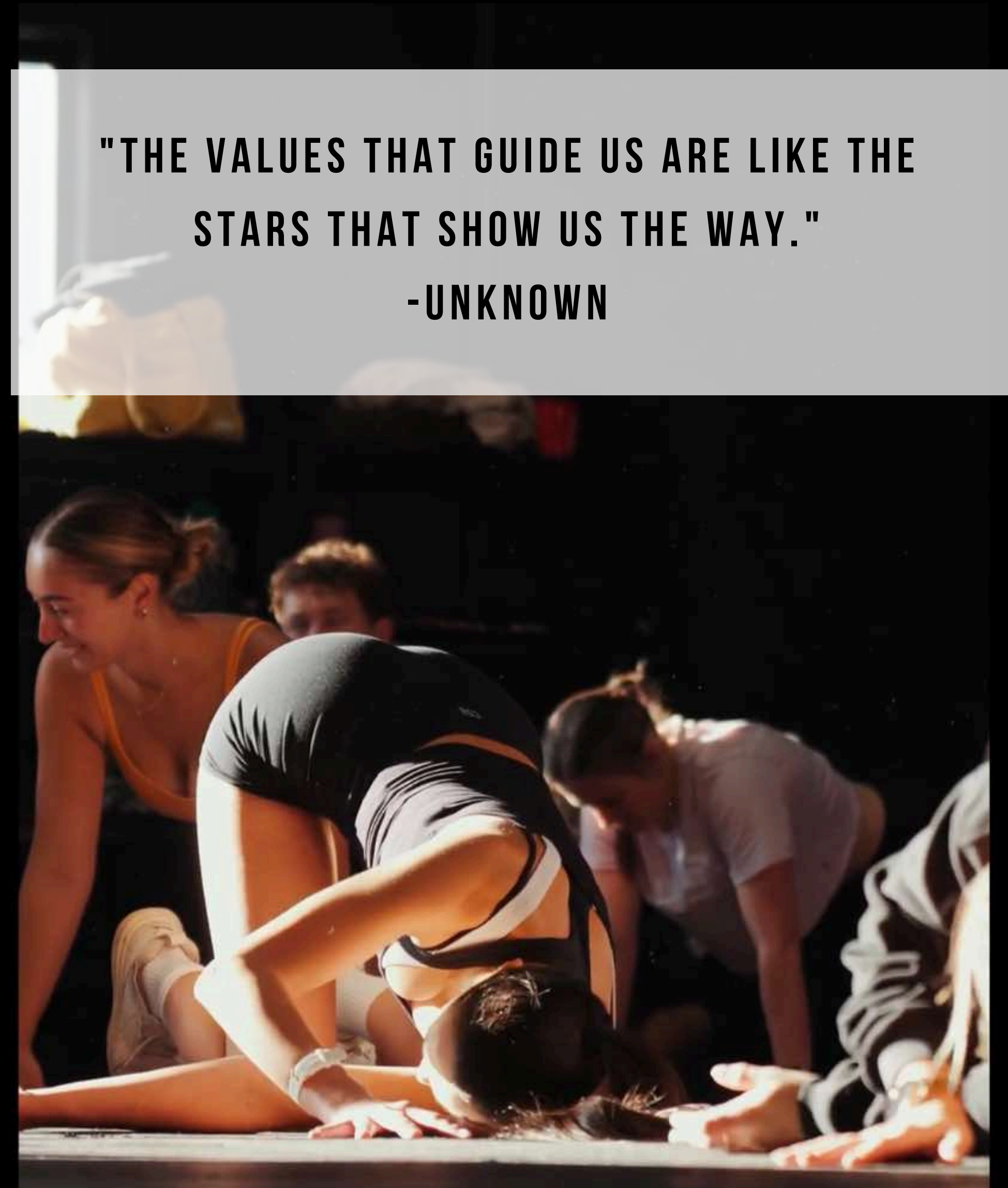
TAKE SOME TIME TO REFLECT ON PAST EXPERIENCES WHERE YOU FELT TRULY FULFILLED AND SATISFIED. CONSIDER WHAT VALUES WERE BEING HONORED DURING THOSE TIMES. WERE YOU VALUING HEALTH, OR PERHAPS COMMUNITY AND CONNECTION? WRITE DOWN THESE VALUES AND THINK ABOUT HOW THEY CAN BE INTEGRATED INTO YOUR HEALTH JOURNEY.

IDENTIFY INFLUENTIAL ROLE MODELS

THINK ABOUT THE PEOPLE YOU ADMIRE AND THE QUALITIES THEY EMBODY. THESE INDIVIDUALS CAN PROVIDE INSIGHTS INTO YOUR OWN VALUES. IDENTIFY THE TRAITS YOU RESPECT IN THEM, SUCH AS RESILIENCE, DEDICATION, OR COMPASSION, AND CONSIDER HOW THESE VALUES ALIGN WITH YOUR APPROACH TO HEALTH AND WELL-BEING.

"THE VALUES THAT GUIDE US ARE LIKE THE STARS THAT SHOW US THE WAY."

-UNKNOWN



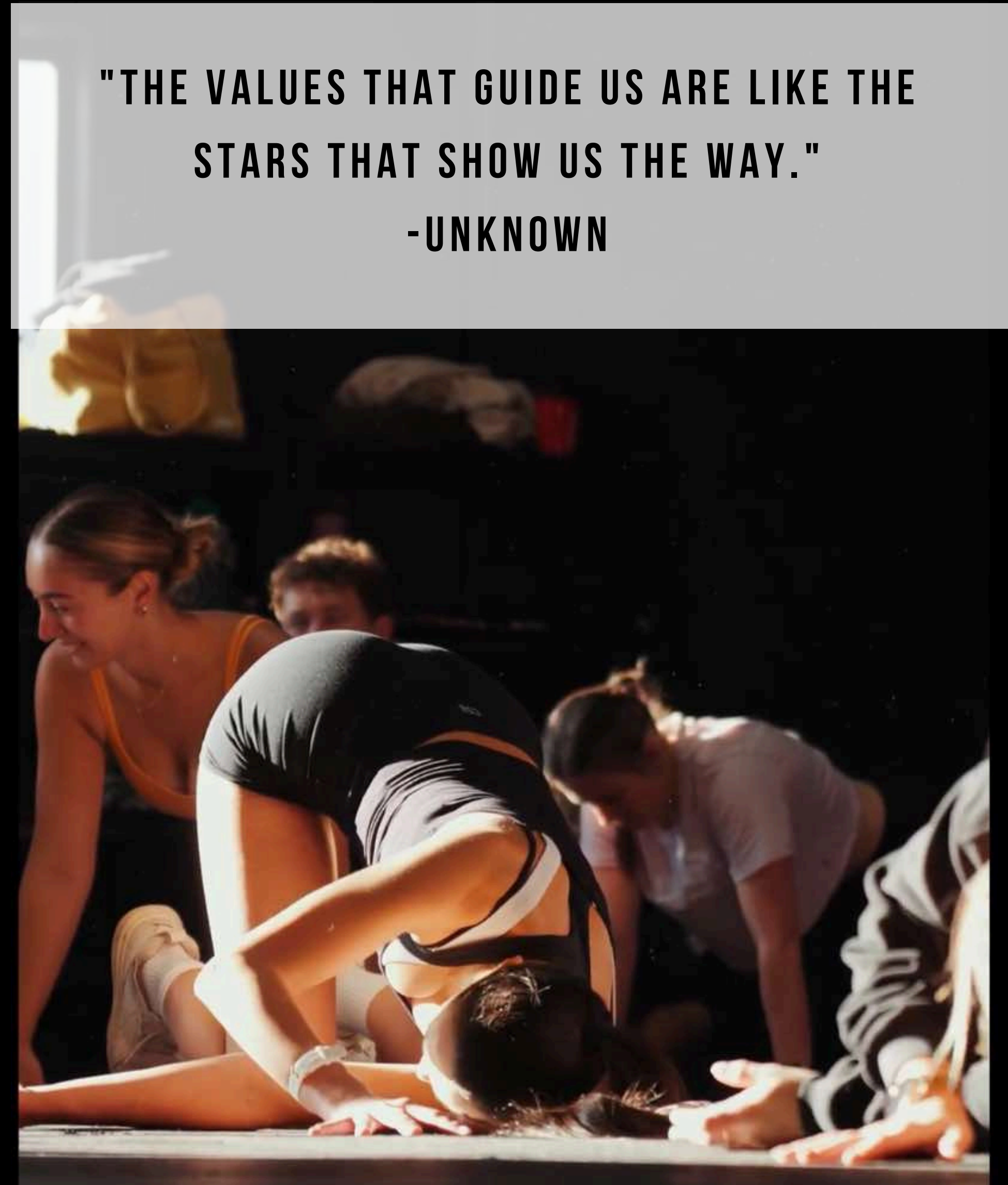
IDENTIFYING YOUR CORE VALUES

CREATE A VALUES LIST

MAKE A COMPREHENSIVE LIST OF YOUR CORE VALUES, THEN NARROW IT DOWN TO THE TOP FIVE THAT RESONATE MOST WITH YOU. THESE VALUES WILL SERVE AS THE FOUNDATION FOR YOUR FITNESS GOALS AND PLANS. BY CLEARLY DEFINING YOUR TOP VALUES, YOU'LL BE ABLE TO ENSURE THAT YOUR FITNESS JOURNEY REMAINS ALIGNED WITH WHAT MATTERS MOST TO YOU. FOR ADDITIONAL SUPPORT, YOU CAN CONTACT THE EHQ TEAM TO GUIDE YOU THROUGH THE EMPOWERED PROCESS.

Identifying your core values is like finding your North Star—it guides every decision and action, ensuring you stay on the right path to your ultimate destination.

"THE VALUES THAT GUIDE US ARE LIKE THE STARS THAT SHOW US THE WAY."
-UNKNOWN



SETTING VALUE ALIGNED HEALTH GOALS

SETTING HEALTH GOALS THAT ALIGN WITH YOUR CORE VALUES ENSURES THAT YOUR EFFORTS ARE MEANINGFUL AND SUSTAINABLE. THIS CHAPTER WILL GUIDE YOU THROUGH THE PROCESS OF CREATING HEALTH GOALS THAT RESONATE WITH YOUR DEEPEST MOTIVATIONS AND ASPIRATIONS. BY LINKING YOUR GOALS TO YOUR VALUES, YOU'LL FIND GREATER SATISFACTION AND COMMITMENT IN YOUR HEALTH JOURNEY.

DEFINE YOUR HEALTH VISION

START BY ENVISIONING WHAT A SUCCESSFUL HEALTH JOURNEY LOOKS LIKE FOR YOU. CONSIDER HOW YOUR CORE VALUES PLAY A ROLE IN THIS VISION. FOR EXAMPLE, IF ONE OF YOUR VALUES IS HEALTH, IMAGINE A SCENARIO WHERE YOU FEEL VIBRANT AND ENERGETIC. WRITE DOWN THIS VISION IN DETAIL, FOCUSING ON HOW ACHIEVING YOUR HEALTH GOALS WILL ENHANCE YOUR LIFE AND ALIGN WITH YOUR VALUES.

Setting value-aligned fitness goals is like building a house on a solid foundation—each goal is a brick that contributes to the stability and strength of the overall structure.



"THE ONLY LIMIT TO OUR REALIZATION OF TOMORROW WILL BE OUR DOUBTS OF TODAY."

-FRANKLIN D. ROOSEVELT

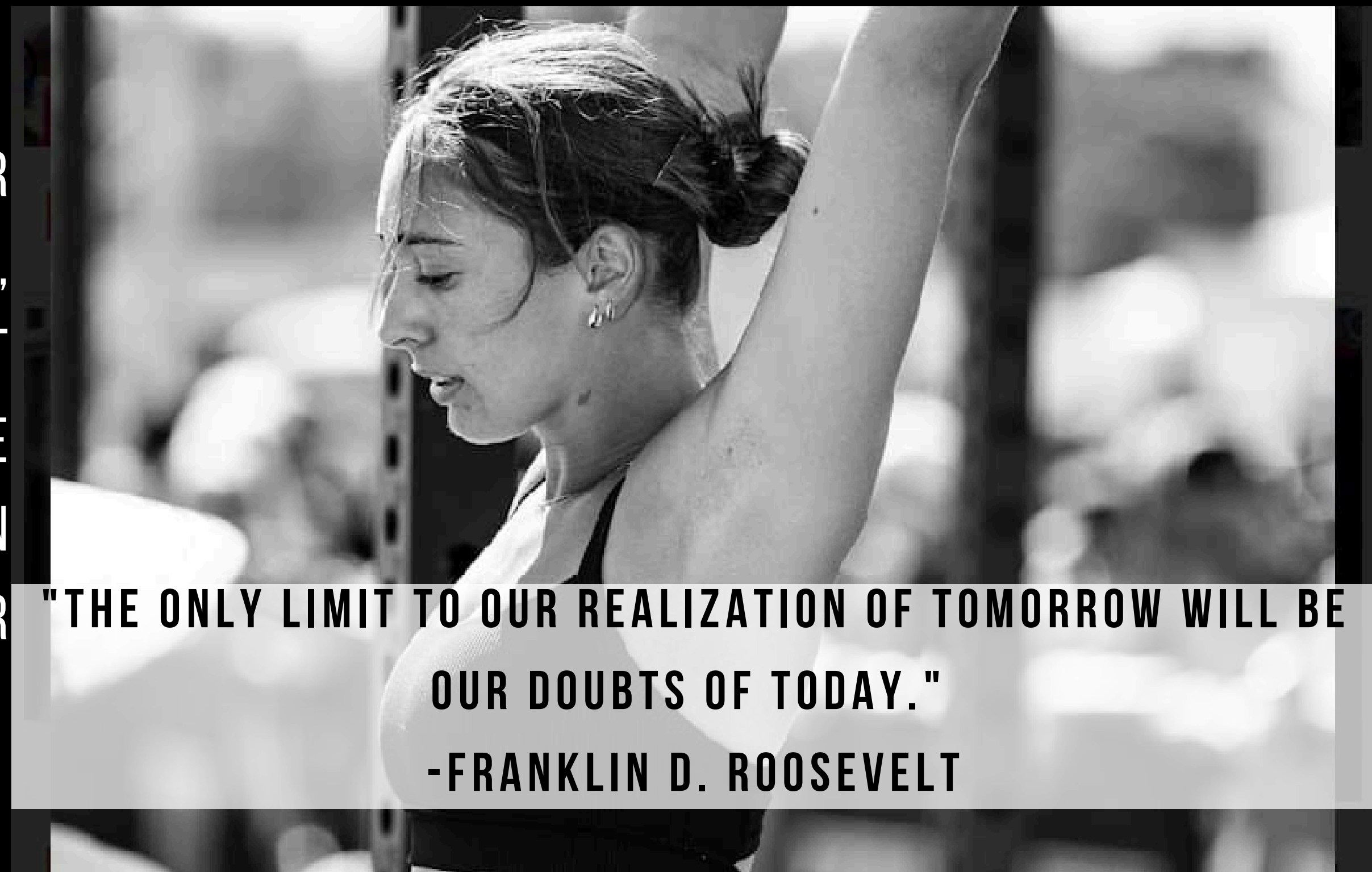
SETTING VALUE ALIGNED HEALTH GOALS

SET SMART GOALS

USE THE SMART CRITERIA (SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, TIME-BOUND) TO SET FITNESS GOALS THAT ARE CLEAR AND ATTAINABLE. ENSURE THAT EACH GOAL ALIGNS WITH YOUR CORE VALUES. FOR INSTANCE, IF YOU VALUE DISCIPLINE, SET A GOAL TO FOLLOW A STRUCTURED WORKOUT ROUTINE FOR THE NEXT THREE MONTHS. THIS APPROACH WILL HELP YOU STAY FOCUSED AND MOTIVATED.

BREAK DOWN GOALS INTO ACTIONABLE STEPS

DIVIDE YOUR FITNESS GOALS INTO SMALLER, MANAGEABLE STEPS. THIS MAKES THE GOALS LESS OVERWHELMING AND EASIER TO ACHIEVE. FOR EXAMPLE, IF YOUR GOAL IS TO RUN A MARATHON, BREAK IT DOWN INTO WEEKLY TRAINING PLANS THAT BUILD UP YOUR ENDURANCE GRADUALLY. ALIGN THESE STEPS WITH YOUR VALUES TO MAINTAIN MOTIVATION AND A SENSE OF PURPOSE THROUGHOUT YOUR JOURNEY.



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LINKING HEALTH GOALS TO YOUR VALUES

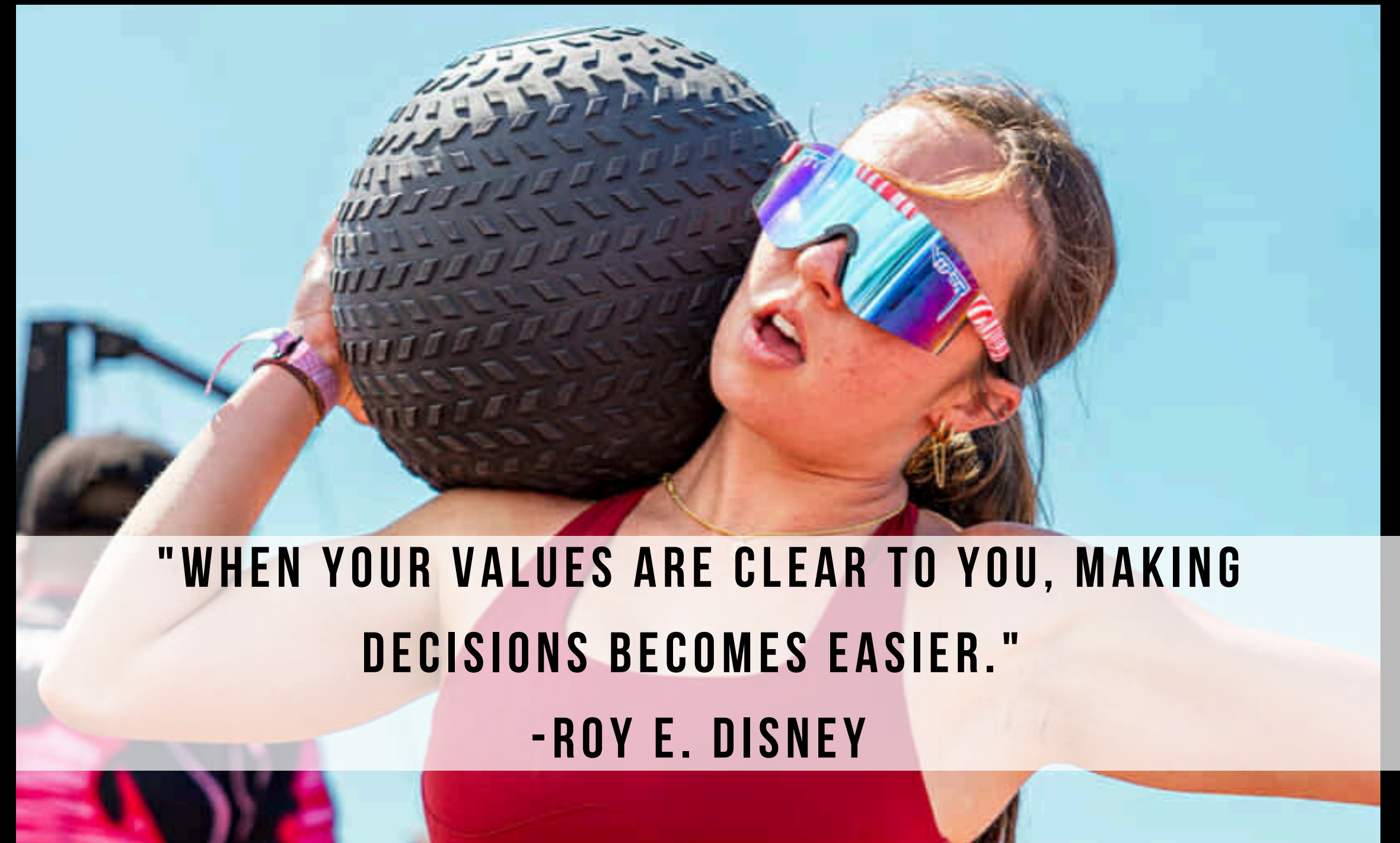
LINKING YOUR HEALTH GOALS TO YOUR CORE VALUES CREATES A POWERFUL MOTIVATION TO STAY COMMITTED. THIS CHAPTER WILL HELP YOU UNDERSTAND HOW TO CONNECT YOUR HEALTH ASPIRATIONS WITH WHAT MATTERS MOST TO YOU, ENSURING THAT YOUR JOURNEY IS BOTH MEANINGFUL AND REWARDING.

IDENTIFY OVERLAPPING AREAS

LOOK FOR AREAS WHERE YOUR HEALTH GOALS AND CORE VALUES NATURALLY INTERSECT. FOR EXAMPLE, IF ONE OF YOUR CORE VALUES IS COMMUNITY, CONSIDER JOINING A FITNESS GROUP OR CLASS WHERE YOU CAN BUILD CONNECTIONS WHILE WORKING OUT. WRITE DOWN THESE OVERLAPPING AREAS TO VISUALISE HOW YOUR VALUES CAN ENHANCE YOUR HEALTH JOURNEY.

CREATE VALUE STATEMENTS

FOR EACH HEALTH GOAL, WRITE A VALUE STATEMENT THAT EXPLAINS WHY THIS GOAL IS IMPORTANT TO YOU IN THE CONTEXT OF YOUR VALUES. FOR INSTANCE, IF YOUR GOAL IS TO IMPROVE YOUR STRENGTH AND ONE OF YOUR VALUES IS SELF-IMPROVEMENT, YOUR VALUE STATEMENT MIGHT BE: "IMPROVING MY STRENGTH HELPS ME ACHIEVE CONTINUOUS PERSONAL GROWTH." THESE STATEMENTS WILL SERVE AS REMINDERS OF WHY YOUR GOALS MATTER.



"WHEN YOUR VALUES ARE CLEAR TO YOU, MAKING DECISIONS BECOMES EASIER."

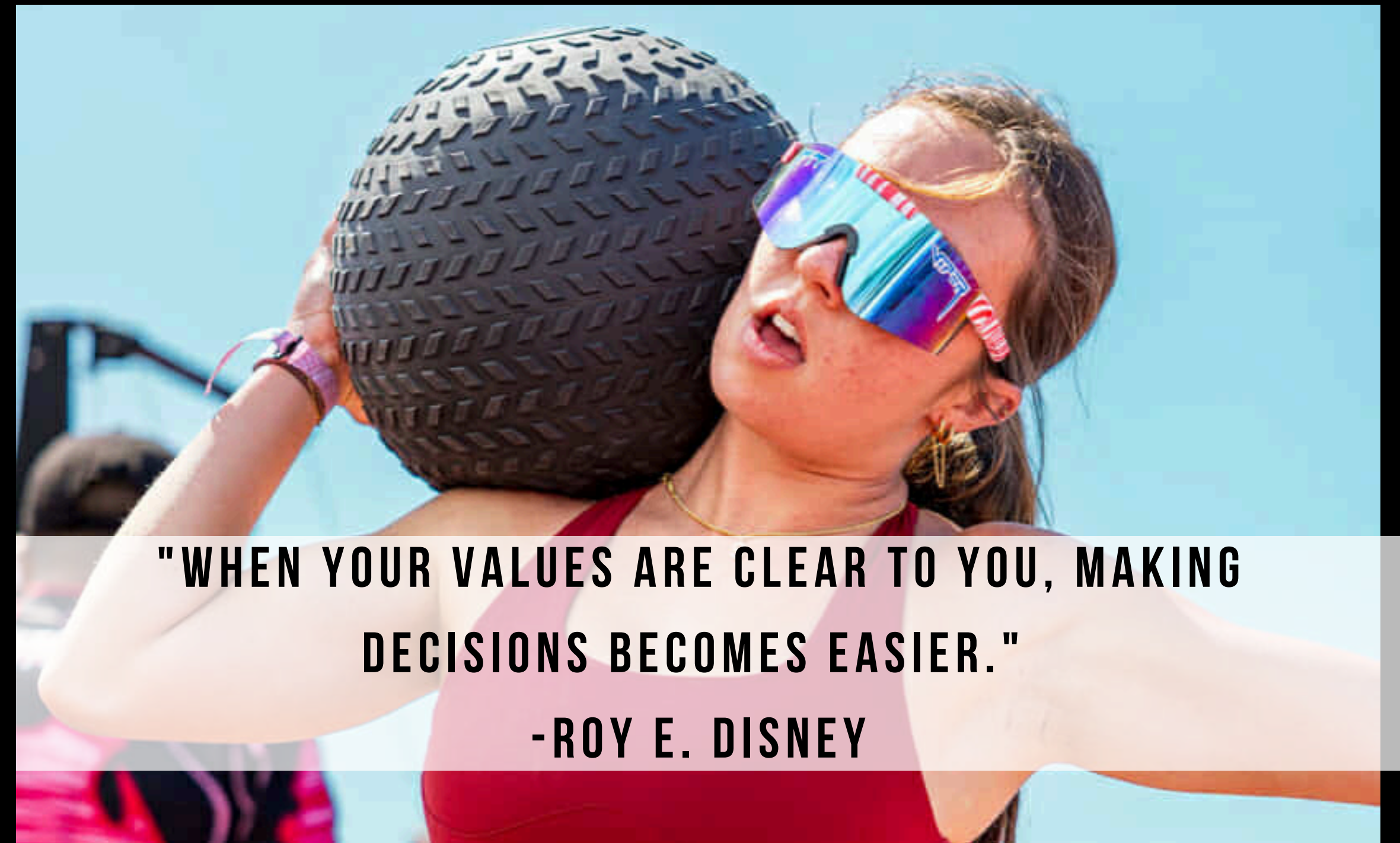
-ROY E. DISNEY

LINKING HEALTH GOALS TO YOUR VALUES

INTEGRATE VALUES INTO YOUR ROUTINE

INCORPORATE YOUR VALUES INTO YOUR DAILY HEALTH ROUTINE. IF YOU VALUE MINDFULNESS, INTEGRATE MEDITATION OR MINDFUL BREATHING INTO YOUR WARM-UP AND COOL-DOWN EXERCISES. IF YOU VALUE DISCIPLINE, SET A CONSISTENT WORKOUT SCHEDULE AND STICK TO IT. BY EMBEDDING YOUR VALUES INTO YOUR ROUTINE, YOU CREATE A DEEPER CONNECTION TO YOUR HEALTH ACTIVITIES.

Linking your health goals to your values is like planting a garden—you nurture each goal with the values that provide the nutrients needed for growth and flourishing.



"WHEN YOUR VALUES ARE CLEAR TO YOU, MAKING DECISIONS BECOMES EASIER."

-ROY E. DISNEY

STAYING MOTIVATED THROUGH VALUE INTEGRATION

STAYING MOTIVATED IN YOUR HEALTH JOURNEY CAN BE CHALLENGING, BUT INTEGRATING YOUR VALUES INTO YOUR ROUTINE CAN PROVIDE A CONSISTENT SOURCE OF INSPIRATION. THIS CHAPTER WILL EXPLORE HOW YOU CAN USE YOUR CORE VALUES TO MAINTAIN MOTIVATION AND KEEP PUSHING TOWARDS YOUR GOALS.

REGULARLY REVISIT YOUR VALUES

SCHEDULE REGULAR TIMES TO REFLECT ON YOUR CORE VALUES AND HOW THEY ALIGN WITH YOUR HEALTH GOALS. THIS COULD BE WEEKLY OR MONTHLY, DEPENDING ON WHAT WORKS BEST FOR YOU. DURING THESE REFLECTIONS, ASSESS WHETHER YOUR CURRENT FITNESS ACTIVITIES ARE HONORING YOUR VALUES AND MAKE ADJUSTMENTS AS NEEDED. THIS PRACTICE WILL HELP KEEP YOUR MOTIVATION HIGH BY REMINDING YOU OF THE DEEPER PURPOSE BEHIND YOUR EFFORTS.

Staying motivated through value integration is like fueling a fire with the right kind of wood—the right values keep the flame of motivation burning bright and strong.



"MOTIVATION IS WHAT GETS YOU STARTED.
HABIT IS WHAT KEEPS YOU GOING."

-JIM RYUN

STAYING MOTIVATED THROUGH VALUE INTEGRATION

USE POSITIVE REINFORCEMENT

CELEBRATE YOUR PROGRESS AND ACHIEVEMENTS IN WAYS THAT ALIGN WITH YOUR VALUES. FOR EXAMPLE, IF YOU VALUE HEALTH, TREAT YOURSELF TO A NUTRITIOUS MEAL OR A RELAXING SPA DAY AFTER REACHING A MILESTONE. POSITIVE REINFORCEMENT THAT RESONATES WITH YOUR VALUES CAN BOOST YOUR MORALE AND KEEP YOU MOTIVATED

SURROUND YOURSELF WITH SUPPORT

BUILD A SUPPORT SYSTEM OF FRIENDS, FAMILY, OR FITNESS COMMUNITIES THAT SHARE YOUR VALUES. ENGAGE WITH PEOPLE WHO UNDERSTAND AND SUPPORT YOUR VALUE-DRIVEN APPROACH TO FITNESS. THEIR ENCOURAGEMENT AND SHARED COMMITMENT CAN PROVIDE ADDITIONAL MOTIVATION AND ACCOUNTABILITY, HELPING YOU STAY ON TRACK WITH YOUR GOALS.



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EVALUATING & ADJUSTING YOUR PROGRESS

REGULAR EVALUATION AND ADJUSTMENT ARE ESSENTIAL TO ENSURE THAT YOUR HEALTH JOURNEY REMAINS ALIGNED WITH YOUR CORE VALUES AND GOALS. THIS CHAPTER WILL GUIDE YOU THROUGH THE PROCESS OF ASSESSING YOUR PROGRESS AND MAKING NECESSARY CHANGES TO STAY ON TRACK.

CONDUCT REGULAR ASSESSMENTS

SET ASIDE TIME EACH MONTH TO REVIEW YOUR FITNESS PROGRESS. REFLECT ON BOTH YOUR ACHIEVEMENTS AND CHALLENGES, CONSIDERING HOW WELL YOUR ACTIVITIES ALIGN WITH YOUR VALUES. USE THIS ASSESSMENT TO IDENTIFY AREAS WHERE YOU CAN IMPROVE OR MAKE ADJUSTMENTS TO BETTER HONOR YOUR VALUES. THIS CONTINUOUS EVALUATION WILL HELP YOU STAY FOCUSED AND MOTIVATED.

SEEK FEEDBACK AND GUIDANCE

DON'T HESITATE TO SEEK FEEDBACK FROM TRUSTED FRIENDS, FAMILY, OR FITNESS PROFESSIONALS WHO UNDERSTAND YOUR VALUE-DRIVEN APPROACH. THEIR INSIGHTS CAN PROVIDE VALUABLE PERSPECTIVES ON YOUR PROGRESS AND OFFER SUGGESTIONS FOR IMPROVEMENT. ADDITIONALLY, CONSIDER HIRING A COACH OR JOINING A SUPPORT GROUP THAT ALIGNS WITH YOUR VALUES TO GAIN FURTHER GUIDANCE.



"THE ONLY CONSTANT IN LIFE IS CHANGE, AND TO KEEP MOVING FORWARD, YOU MUST CONTINUALLY EVALUATE AND ADJUST."

-UNKNOWN

EVALUATING & ADJUSTING YOUR PROGRESS

BE FLEXIBLE AND ADAPTABLE

RECOGNISE THAT YOUR VALUES AND GOALS MAY EVOLVE OVER TIME. EVERY SIX MONTHS, TAKE THE TIME TO REASSESS YOUR CORE VALUES AND ADJUST YOUR FITNESS GOALS ACCORDINGLY. BE OPEN TO MODIFYING YOUR FITNESS PLAN TO REFLECT THESE CHANGES. FLEXIBILITY IS KEY TO MAINTAINING A SUSTAINABLE AND FULFILLING FITNESS JOURNEY. EMBRACE NEW OPPORTUNITIES AND CHALLENGES THAT ALIGN WITH YOUR EVOLVING VALUES, ENSURING THAT YOUR FITNESS ACTIVITIES CONTINUE TO INSPIRE AND MOTIVATE YOU.

Evaluating and adjusting your progress is like steering a ship—you must continually navigate and adjust your course to reach your destination successfully.



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-UNKNOWN

UNLOCK YOUR TRUE POTENTIAL

EXPERIENCE A TRANSFORMATIVE JOURNEY WITH
OUR FREE 90-MINUTE VALUE DETERMINATION
PROCESS AND COACHING CONSULT. DISCOVER
HOW ALIGNING YOUR CORE VALUES WITH YOUR
FITNESS GOALS CAN DRIVE LASTING
MOTIVATION AND SUCCESS.

IN THIS PERSONALISED SESSION, WE WILL
DELVE DEEP INTO YOUR VALUES, UNCOVER
WHAT TRULY MOTIVATES YOU, AND CRAFT A
TAILORED SUCCESS PLAN THAT RESONATES
WITH YOUR UNIQUE ASPIRATIONS.

DON'T MISS THIS OPPORTUNITY TO TAKE THE
FIRST STEP TOWARDS A HEALTHIER, MORE
FULFILLING LIFE.

CALL US NOW AT 0466999140 TO BOOK YOUR
FREE CONSULTATION!

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