

ACCELERATE YOUR HEALTH GOALS WITH DISCIPLINE & ROUTINE

with Justin Hernandez

A life mission/purpose is vital to motivating us in the discipline and routine we need to achieve our health goals. Without a purpose, it's all just vanity. Do you know what your life purpose or mission is? If so, write it below. If not, begin asking yourself the following questions: what unique talents and gifts have you been given; how can you use your talents to love and serve others; what specific problem do people around you have that you can help solve; where do your gifts and others needs meet; what is the location(s) God has put you in?

Do you have a vision for your life? What do you want to accomplish, who do you want to serve, how do you want to love, where do you want to go, where do you want to live, what do you want your life to look like in every aspect? What do you want your health to look like? What is your vision for your life? If you don't know yet, spend some time on these questions as you are able.

How does having a life mission and vision give you clarity in your goals?

Does having a life mission and vision help you make the little daily decisions? If so, why?

What are some struggles and failures that are holding you back from your purpose, mission and vision?

What are some aspects of discipline and routine that you know you need to put in place to achieve your goals and purpose?

In what areas can you be more disciplined?

Where is there room for improvement in your daily routine?

What areas of your life will move the needle the farthest if you become more disciplined?

What aspects of your routine will move the needle the farthest if you implement them consistently?