What is this category like for me now?

Please write here:

What are you doing? How do you feel about it?

**"Take care of your body. It’s the only place you have to live." – Jim Rohn**

What are my beliefs surrounding Health and Fitness?

1. My beliefs are......

What do I really want? What’s the ideal Vision I have for myself?

Please write the vision you have for yourself here.....

Why is achieving this Vision important to me?

Please write why it’s important to you here.....

What rules/habits do I currently have in this area that **DO NOT** serve my vision?

1. Write your rules/habits here......

What rules/habits can I incorporate into this area?

1. Write your rules/habits here......

What rules/habits do I currently have in this area that **DO** serve my vision?

1. Write your rules/habits here......

What is my Ideal Day when it comes to Health & Fitness?