



PILLARS OF PROGRESS

Mindset

Check Expectations Against Reality

What I really want to get out of life is...

Having Abs is Not Health

What does health mean to you? Why do you want to keep moving? Who are you trying to stay alive for? If there's a short-term goal in there, what mountains do you want to climb, finish lines do you want to cross, or oceans do you want to swim?

You Are Not Your Six Pack or Your Bank Account

List 5 things you want right now	Should, You, Me	Why?
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1. _____

2. _____

3. _____

4. _____

5. _____

We dive deeper into self-reflection in the Pillars of Progress section.

Focus on the Emotional 'Why'

When in the past have you felt genuine excitement and your stomach tingled? When have you taken a stand for something, even when you

had to sacrifice to do so? What was happening, who were you talking to, what was the outcome?

List the value or values you cared about in each of those instances.

How can being healthy support those values?

How will being wealthy support those values?

Assess Your Joy

What are you grateful for where you are? Where you're going?

Consciously Decide to Change

*Are you authentically ready to make a change in your **health**?*

YES NO

*Are you authentically ready to make a change in your **wealth**?*

YES NO

If you are ready to make the necessary change, sign a conscious statement below to solidify your commitment to yourself.

*I, _____, consciously decide to make meaningful change in the following areas: **HEALTH WEALTH OTHER***

If you are not quite ready to make a change, no problem. Go ahead and sign the conscious statement to continue your inquiry and revisit your commitments later.

I, _____, consciously decide to wait in making meaningful change, but am open to future possibilities and will continue learning so I know what to expect when I am ready to move forward.

Is your support network aligned and supportive of your change?

YES NO

Utilize Your Strengths and Avoid Your Weaknesses

Take a moment now to write down your weak points when it comes to spending and saving:

And your weak points when it comes to food and exercise?

Looking at those above, what are a few avoidances you can use to support your self-control?

What are your strengths and superpowers?

In what ways can you use your strengths to support your money and health habits?

Believe, Act, Repeat

Gut check: Do you believe what you want is possible?

YES NO

If yes, then what is the first step you could take toward your goal?

If no, then what is something achievable you could strive for? Maybe your other goal will become more believable after you reach a few benchmark goals beforehand.

Planning Step #2 – Set Your Targets

Lifelong Goals

What do you want most out of life?

Why do you want what you want? Remember - your “Why” will keep you moving when things get tough.

How would you feel if you were able to accomplish it?

Medium-Term Goals

Make a quick list of potential medium-term goals that come to mind. Given the current realities of your life, what medium-term actions will get you one step closer to your lifelong goals?

Planning Step #3 – Appoint an AccountabiliBuddy

List 3-5 people you know who could make for a good Accountabili-Buddy:

1. _____

2. _____

3. _____

4. _____

5. _____

Planning Step #4 - Prioritize What You Want

The Priority Checklist

- Make a list of all expenses.
- Rank them 1-5 in order of importance to you.
- Cut expenses that are of no importance.
- Look for any cost-effective alternatives for your critical expenditures.

Planning Step #5 – Start Taking Steps

What speedbumps could derail your progress? How could you prepare for them?

What first step are you going to take today? This week? What's your second step? When?

Habits

Reward - Cue - Ritual

What are some of the habit cues, rituals, and rewards in your life that happen automatically?

Creating New Habits

Step 1: Design Rewards

What are some of the mental rewards you'd like to add to your routine?

Step 2: Determine Cues

What cues could you use to initiate rituals that work toward your wanted rewards?

Step 3: Simplify Ritual

How could you make your rituals as easy as possible to implement?
If there are multiple rewards you'd like to accomplish simultaneously,
which is the most important to implement first?

Modifying an Existing Habit

Step 1: Change Current Rewards

Are the current rewards in your habit cycles working toward or
against your goals? If against your goals, will you keep them in moder-
ation or eliminate them altogether?

<u>Reward</u>	<u>Toward/Away from goals</u>	<u>Eliminate/Moderate</u>
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Step 2: Modify Cues

What cues set off the rituals that take you away from your goals? How could you modify them or eliminate them from your life?

Step 3: Improve or Remove Ritual

How could you modify your life to make it easy to improve or remove your rituals that lead away from your goals?
