



## **Questions On Your Goals**

What are your health, fitness and nutrition goals?

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What are some of the reasons why you are not achieving your goal/s?

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How much time do you set aside to focus on your goal?

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Are you willing to make some changes to the reasons preventing you from achieving the goal/s?

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Start now, lists some of these changes you can make.

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On a scale of 1 – 10, please write down the number that best fits how much focus you have towards your goal.

1 - No real interest or focus

5 – Interested and spending some time and focus on achieving the goal

10 - 100% focused and doing whatever it takes to achieve your goal

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Now scale from 1-10 how much you want to achieve your goals.

1 – Don't care

5 – Wanting to achieve the goal

10 – The goal is bigger than you and you will do anything to achieve it

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Why do you want to achieve your goals; What are the benefits?

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Have you succeeded at this goal before?

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If you did not succeed at this goal what held you back or caused you to sabotage?

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What strategies can you put in place to ensure that you succeed in achieving your goals?

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**“Whatever you can do or dream you can, begin it.  
Boldness has genius, magic and power in it. Begin it  
now”**