

VALUE BASED GOAL PLANNER DAY SHEET

DATE:

"SMALL CHANGES LEAD TO SIGNIFICANT RESULTS"

Energy in Morning **Low** 1 2 3 4 5 6 7 8 9 10 **High**

DAILY FOCUS/INTENTION

DAILY GOAL #1

WEEKLY GOALS AND VALUES BEING SUPPORTED

DAILY GOAL #2

BARRIERS/STRUGGLES AND WINS/CHOICES

Goal #1

Goal #2

Goal #3

DAILY GOAL #3

DAILY TRACKING

(Sleep, Vitamins/Meds, Menstruation, Pain)

NOURISHMENT

- I stayed hydrated
- I moved my body
- I ate through day (mostly healthy)
- I connected with people
- I put my body into relaxation
- Other:
- Other:
- Other:

Sleep Quality **Poor** 1 2 3 4 5 6 7 8 9 10 **Great**

VALUE BASED GOAL PLANNER WEEKLY SHEET

DATE:

"WITH CHANGE COMES OPPORTUNITY"

Beginning of Week Motivation Level: **Low** 1 2 3 4 5 6 7 8 9 10 **High**

WEEKLY FOCUS/INTENTION

WEEKLY GOAL #1

90 DAY GOALS AND VALUES BEING SUPPORTED

WEEKLY GOAL #2

WHAT WILL HELP ME ACHIEVE MY GOALS THIS WEEK

Goal #1

Goal #2

Goal #3

WEEKLY GOAL #3

IN ORDER TO REACH MY GOALS, I WILL LET GO OF:

WEEKLY PREPARATION

- I reviewed my values and 90 day goals
- I filled out my weekly sheet
- I printed/filled out my day sheets for the week
- I have what I need to succeed this week
- I know what I will try differently
- I am not judging myself for the process
- I know the week will have ups and downs
- Other:

End of Week Motivation Level: **Low** 1 2 3 4 5 6 7 8 9 10 **High**