

# My HEALTH Goals

FOR THE MONTH OF:

**Habits:** This month I will stop doing the unsupportive habit of:

And replace it with the supportive habit of:

**Eating:** This month I will eat less:

This month I will eat more:

**Activity:** My exercise goal this month is to:

At least \_\_\_\_\_x / week

**Listen:** This month I will tap in to my intuitive side by meditating for

\_\_\_\_\_ minutes \_\_\_\_\_x / week

**Transform:** This month I will positively transform my life by:

**Happiness:** This month I will do the following for my own fulfillment and happiness:

This month my two biggest health goals are:

1)

2)