

V360 WORKSHOP WORKSHEET

REIGNITE YOUR MOMENTUM

Before you embark on a health journey, it's crucial to pause, reflect, and set clear goals and intentions. Imagine these as the compass guiding your path through this program. When your goals and intentions are crystal clear, you're more likely to stay motivated, track your progress effectively, and achieve the best possible outcomes. The following activities help build a solid foundation, helping to reignite momentum, which can be a true source of power and inspiration.

Step 1: Reconnect with your areas of focus

Revisit your biomarker results as well as your Vitality Score Report to identify the area(s) of focus for the next few months (eg gut health, hormone health, metabolic health, or inflammation). We can't focus on everything all at once or we will feel overwhelmed so pick an area that feels like the right focus for you for the next three months.

My area(s) of focus are.....

Step 2: Turn these into high level goals

Take your areas of focus and turn them into a high level goal, these can be more general in nature, such as;

- Lose weight
- Reduce HOMA score
- Reduce HbA1C
- Lower Inflammation
- Lower Cholesterol
- Improve Gut Health
- Improve Vitamin D levels

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My high level goals are...

Step 3: Turn goals into weekly actions:

Turn your goals into weekly actions. What lifestyle activities will you be start, stop, or continue? For example you may start exercising 3x week, you may stop that mid afternoon sugar hit and find a replacement, you may continue your savoury breakfasts.

I will start....

I will stop....

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I will continue....

Step 4: Set your intentions for the week ahead

turn your weekly actions into clear intentions for the upcoming week, being specific and realistic about what you aim to achieve. choose the actions you will find the hardest as your intentions. These intentions can span various aspects of your life, from nutrition and exercise to managing stress and prioritising emotional health. Remember, small, consistent habit stacking can lead to significant and lasting changes.

My Intentions for this week are...

1.

2.

3.

"The best way to predict your future is to
create it."

- Abraham Lincoln