

2020 Personal Health & Wellness Goal Statement and Action Agreement

List your top goals/outcomes desired here. These can be a combination of both short term and long term - and very specific, and also broad/general. (2 or 3 is good - 4 or 5 is great :-)

- 1.
- 2.
- 3.
- 4.
- 5.

Why are those goals and outcomes important to you? Let's get the top 3 "whys" that come to mind: (example: "I don't want to be a burden on my loved ones because of self-neglect.")

- 1.
- 2.
- 3.
- 4.
- 5.

If you continue on the path you have recently been on - moving further away from those goals listed above - what are the consequences of that and how do you see your life in the future?

List the general actions and lifestyle habits you are ready to employ on a daily basis in order to support your goals & outcomes desired that you've listed above.

- 1.
- 2.
- 3.

List the main ways you believe I will be of most assistance to you as we work together to achieve your most desired goals and outcomes.

- 1.
- 2.
- 3.

EXTRA NOTES: