GOAL SETTING 2022: Health

Outcome

What outcome do I want to achieve?

- To have energy and wellbeing to help me feel great and experience life at its best.
- To be happy and full of life and energy with my family
- To bring positive energy to those I work with to help them lift their energy
- To have stamina and sharpness of mind for sailing success
- To have a calm mind and allow my meditation to bring ease into my life
- To set up habits for long and healthy life

Why

What do I stand to gain? (Pleasure)	What do I stand to lose? (Pain)
Enjoyment and buzz of taking exercise	Feeling low energy and lethargic
Feeling positive about myself by eating the right things	Not enjoying work or family time as too tired
Personal sense of achievement that I can feel and see	A confused and tired mind makes poor decisions
My immunity will be higher and I wont get sick	Fall into bad habits
I'll be a positive person to be around	Ill health and tiredness
I'm investing in myself for the rest of my life	Negatively affect the relationships in my life

Action

What actions are required?

1. Take 30 vigorous exercise each day; Sun (sail) Mon (yoga) Tue (gym), sea swim and cycle to work every day.
2. Meditate for 20 minutes everyday (TM)
3. Protein snacks and fruit during day instead of sugar and tea
4. Drink 2 litres of water each day
5. No phone after 10pm to help with sleep (8 hours target per night)
6. Do Wim Hoff breathing each day

Habit streak (tick each day you complete something that helps you achieve your goal)

Affirmation (say it daily)

"I am so happy and grateful that I feel fantastic. I have lots of energy and am really enjoying my life. Every day I am choosing to put my health first.

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