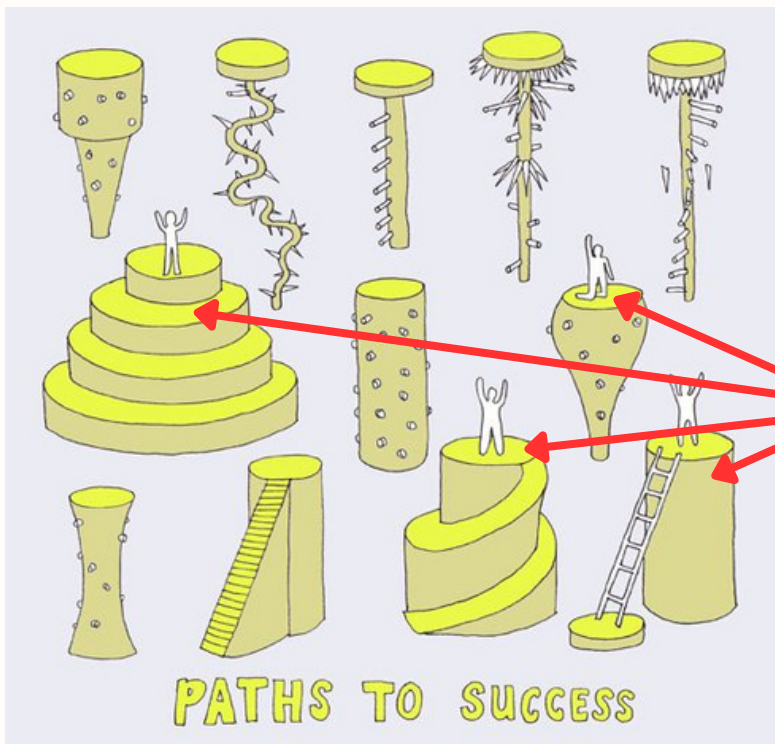


Begin the Journey

Congratulations to you for joining the Accountability Club! You've already shown that there is clearly something about your health and life that you want to change, and you've already taken the first step on your own.



Let's work together to make the journey easier!

In the Natural State Plant Based Accountability Club, you will never be put on the spot to share anything personal.

(I am a certified introvert myself). So when you are completing all of the following worksheets, it is important to be completely honest with yourself.

You will then use these worksheets to clarify your thinking. When we have our group meetings, we'll discuss different topics and strategies and you will share as much as you feel comfortable sharing.

Directions

Step 1: Print off entire Goal Setting Module and place in a binder.

Step 2: Read entire Module

Step 3: Complete your **Future Self Worksheet**

Step 4: Complete your **Goals Worksheet** utilizing the SMART formula so that each goal is, well...Smart.

Step 5: Complete the "**Know Your WHY**" worksheet. You may either have one overarching goal or you may do a WHY worksheet for each separate goal.

Step 6. Complete the **Action Plan Worksheet** for each of the 6 goals.

For example in the diabetes scenario,

- Step 1: Record fasting blood sugar daily
- Step 2: Switch from sausage biscuit to oatmeal for breakfast
- Step 3: Have discussion with carnivore spouse about importance of me being able to switch to a WFPB diet and him needing to prepare his meat on his own at dinner.
- Step 4: Batch cook 2 soups per week for lunches
- Step 5: Bake roasted chickpeas for snacks.

How would you like to envision your future self? What values are important to you? This doesn't necessarily mean the 40 pound lighter body you would like, but what *kind of person* is the one who has achieved the goals you set down. You may think of a role model whom you admire. How would you like to interact in the world differently? Instead of saying "I want to", say "I intend to"...

Describe your future self here:

A blank page from a lined notebook. The page is white with light blue horizontal ruling. A vertical pink margin line is positioned on the left side, creating a narrow left margin. The top-left corner of the page is rounded. The page is otherwise empty, with no text or markings.

REMEMBER, ONLY YOU CAN SET YOUR GOALS, PUTTING GOALS IN WRITING HELPS US TO LIVE WITH INTENTION INSTEAD OF BEING TOSSED ABOUT BY CIRCUMSTANCES WHICH HAVE CAUGHT US OFF-GUARD. BY LIVING WITH INTENTION, WE PLAN AND ENACT MANY SMALL, CONSCIOUS CHOICES EVERY DAY TO ACCOMPLISH OUR GOALS AND ULTIMATELY ACHIEVE A LIFE OF FREEDOM AND CONFIDENCE.

The Goals Worksheet focuses on the six pillars of Lifestyle Medicine, which when utilized at appropriate intensity, have been demonstrated by research to be the most effective means to prevent, treat, and even reverse chronic disease.

Dream big and set YOUR goals in these different areas for the next 12 weeks. If you feel you don't need to focus on some areas or you want to add different areas not listed, feel free.

This is a guide to clarify the best goals for YOU.

Use the SMART formula to pinpoint the most concise goal you can for all of the different areas of goal setting.

Write that concise goal in one sentence in each box on the Goals Worksheet..



When setting goals, utilizing the SMART method will help keep you focused.

Wrong way: "I want to get healthy."



SMART WAY:

S

SPECIFIC-
WHAT DO I WANT TO
ACCOMPLISH?
(EX. IMPROVE
DIABETES)

M

MEASURABLE-
HOW WILL I KNOW WHEN I HAVE
ACCOMPLISHED THIS GOAL? (EX.
DECREASE AM FASTING BLOOD
SUGARS FROM 140 TO BELOW 110)

A

ACHIEVABLE-
IS THIS A REASONABLE GOAL FOR THE
TIME PERIOD? (WE'RE NOT AIMING FOR
COMPLETE REVERSAL INITIALLY, BUT
MEANINGFUL IMPROVEMENT IN THE
NEXT 12 WEEKS.)

R

RELEVANT-
DOES THIS GOAL SEEM
IMPORTANT AND
WORTHWHILE TO ME?

T

TIME BOUND-
WHEN DO I PLAN ON
ACCOMPLISHING THIS
GOAL? (IN THE NEXT 12
WEEKS).

GOALS WORKSHEET

HEALTH/NUTRITION

(EX. DECREASE FASTING BLOOD SUGARS FROM 140 TO 110 IN THE NEXT 12 WEEKS)

SLEEP

EXERCISE

SOCIAL CONNECTION

AVOIDANCE OF RISKY SUBSTANCES

STRESS MANAGEMENT

Know Your WHY

It takes some introspection to clarify our deepest motivating factor.

Ask yourself what is the deepest WHY of your goals. (You can either list an overarching theme of all six goals or do a different "WHY" sheet for each goal)

It usually takes five "why's" to get to your deepest why.

EXAMPLE:

1. WHY do I want to lose weight? So I look good at the beach this summer
2. WHY do I want to look good at the beach? So I feel more confident.
3. WHY do I want to feel more confident? So I can take action to move to a job that is more fulfilling.
4. WHY do I want a better job? So I don't feel trapped
5. WHY do I hate feeling trapped? Because FREEDOM is the most important goal for me.

"WHY am I eliminating meat and dairy from my diet?"
Because my goal is living a life of freedom.

GOAL:

WHY?

WHY?

WHY?

WHY?

WHY?

Action Plan

The action plan is the concrete steps you will take to achieve your goal. Start with the action steps that will contribute the most to your goal (the Pareto principal-80 % of results frequently come from a targeted 20 % of your effort).

Sharing and brainstorming within our Accountability Group meetings are a great way to utilize the "hive mind" to help you develop and clarify your Action Plan steps.

What do you need to change about: your meals, your environment, your routine, your relationships, your ability to plan ahead.

GOAL:

Step 1:

Step 2:

Step 3:

Step 4:

Step 5: