

LAWRENCE FRANCIS

HARDWIRING A HEALTHIER LIFESTYLE

Setting Ends Based Goals

This exercise will help you understand exactly what you want to change and why? Spending an hour at the outset makes you much more likely to achieve your goals.

Questions to Ask Yourself when setting Health Goals

Why does health matter to you?

What is your 12 month goal? Be as specific as possible.

What will achieving this enable you to do that you can't do now?

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Imagine yourself having achieved your goal. How is that going to feel?

What are the potential roadblocks to achieving your goal?

What help and support do you need in order to overcome these?

WHAT'S NEXT?

If you need any help or have any questions, book a 15 minute call here:
<https://lawrencefrancis.youcanbook.me>

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