

GOAL PLANNER

BY POWER FOR LIFE FITNESS

December

GOALS FOR THE MONTH

- _____
- _____
- _____
- _____
- _____
- _____

I'M GRATEFUL FOR

IMPORTANT NOTES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Goal Setting

Getting Started

The first thing we invite you to do is to jot down your values, what you believe in, and what you love.

Then, we'll think about what a perfect life looks like in about 10 years. Your business, your personal life, your finances.

WHAT ARE THE THINGS YOU STAND FOR?

What makes you happy, what you fight for and what warms your heart.

WHY DO YOU DO WHAT YOU DO? WHAT IS THE DRIVER TO PURSUE THE ENTREPRENEURIAL ROAD?

The most common ones are: Impact, Time, Freedom, Wealth - plug in your "why", your "core motivator".

NOW, WHERE DO YOU SEE YOUR LIFE 10 YEARS FROM NOW?

THINK PROFESSIONALLY, PERSONALLY, PHYSICALLY (FITNESS) AND FINANCIALLY.

This can change, and it's OK. Just be honest - from where you want to be living, do you want to run an empire? Just go for it!

Goal Setting

Step 2

Time runs the same for everyone - there will be a few steps along the way before you to achieve your 10 year plan.
Let's think of an 8 year, 5 year and 3 year goal.

8 Year Goal

5 Year Goal

3 Year Goal

1 Year Goal

Goal Setting

Step 3

Start with a Brain Dump. Look back to your 1 year plan and write down all the things you think you'll need to get there. Everything and anything.

Then organize all your thoughts into baby steps. Focus on the work that will move the needle. And break it down into baby steps.

Brain Dump

Baby Steps

Let's get things done this week!

NOVEMBER 30 - DECEMBER 6TH

MEALS:

BREAKFAST

LUNCH

DINNER

WORDS TO
LIVE BY

"To enjoy the glow of good health, you must exercise."

- Gene Tunney

WEEKLY AFFIRMATIONS.
I AM...

TOP PRIORITIES

WATER

8-ounce glasses a day



WEEKLY GOALS

WEEKLY WINS

Let's get things done this week!

DECEMBER 7TH - 13TH

MEALS:

BREAKFAST

LUNCH

DINNER

"It's fine to celebrate success but it is more important to heed the lessons of failure."

- Bill Gates

WEEKLY AFFIRMATIONS.
I AM...

TOP PRIORITIES

WATER

8-ounce glasses a day



WEEKLY GOALS

WEEKLY WINS

WORDS TO LIVE BY

Let's get things done this week!

DECEMBER 14TH - 20TH

MEALS:

BREAKFAST

LUNCH

DINNER

WORDS TO
LIVE BY

"Courage is doing what you are afraid to do. There can be no courage unless you are scared."

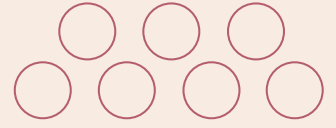
- Eddie Rickenbacker

WEEKLY AFFIRMATIONS.
I AM...

TOP PRIORITIES

WATER

8-ounce glasses a day



WEEKLY GOALS

WEEKLY WINS

Let's get things done this week!

DECEMBER 21ST - 27TH

MEALS:

BREAKFAST

LUNCH

DINNER

**WORDS TO
LIVE BY**

*"Happiness is a
direction, not a place."*

- Sydney J. Harris

WEEKLY AFFIRMATIONS.
I AM...

TOP PRIORITIES

WATER

8-ounce glasses a
day



**WEEKLY
GOALS**

**WEEKLY
WINS**

Let's get things done this week!

DECEMBER 28TH - JANUARY 3RD

MEALS:

BREAKFAST

LUNCH

DINNER

"A healthy outside starts from the inside."

- Robert Urich

WEEKLY AFFIRMATIONS.
I AM...

TOP PRIORITIES

WATER

8-ounce glasses a day



WEEKLY GOALS

WEEKLY WINS

WORDS TO LIVE BY

My Monthly Workout Plan

MONTHLY TARGET

WEEKLY EXERCISE PLAN

S

M

T

W

T

F

S

DAILY GYM SESSION

Power For Life Fitness

DECEMBER FITNESS SCHEDULE

MONDAY

6PM EST, 4PM MT, 3PM PST

45 Minutes: Bootcamp by
Monica

7PM EST, 5PM MT, 4PM PST

60 Minutes: Vinyasa Flow by
Heather

TUESDAY

6:30PM EST, 4:30PM MT,
3:30PM PST

45 Minutes: Zumba by Kristyn

WEDNESDAY

6:30PM EST, 4:30PM MT,
3:30PM PST

45 Minutes: Pilates by Tamara

THURSDAY

6PM EST, 4PM MT, 3PM PST

45 Minute: Insanity by Jill

FRIDAY

8:30AM EST, 6:30AM MT,
5:30AM PST

45 Minute: Slow Flow by Amy

SATURDAY

10AM EST, 8AM MT,
7AM PST

60 Minutes: Power Yoga by Erin

