

2022

*health & nutrition  
goal planner*

*all things are lawful for me  
but not all things are helpful  
for me...*

1 CORINTHIANS 10:23A, NKJV

hey friend,

In the verse from Corinthians on the previous page, Paul reminds us that we have the liberty to do anything we want. As an adult you are in charge of your life. As a Christian nothing you do can separate you from the love of God.

But the very real reminder that we can do anything we want comes with an equally important reminder that not all things are good for us.

It's at this time of the year that our thoughts often turn to new year's resolutions that center on changing something about our health.

I often find in my work with nutrition clients, they are surprised to learn that in order to change their health there must also be a focus on changing their mindset. Doing so is the foundation for sustainable change.

Changing your health is way more complicated than the health & nutrition industry in America wants you to believe. But once you have some foundational tools, you can make changes that are sustainable & will get you to the place where your goals can be realized.

In the following pages, I'm going to show you how. I believe 2022 could be your healthiest year ever. Let's get started!

Love,  
Cara

# Looking back at 2021

STOP IMITATING THE IDEALS & OPINIONS OF THE CULTURE AROUND YOU, BUT BE INWARDLY TRANSFORMED BY THE HOLY SPIRIT THROUGH A TOTAL REFORMATION OF HOW YOU THINK. THIS WILL EMPOWER YOU TO DISCERN GOD'S WILL AS YOU LIVE A BEAUTIFUL LIFE, SATISFYING AND PERFECT IN HIS EYES. {ROMANS 12:2,TPT}

To change our thinking in the future we need to look back at the past for a minute. When it comes to our health, we often realize we have fallen into a pattern of feelings, thoughts or actions that don't allow us to live the life we want so we look for a change.

When our weight, body image or overall self-care have fallen by the wayside, the change we often look for is a new diet or exercise plan.

Reflect on & answer these questions before you move on to your goal setting:

- Why are you looking for a new plan or setting new goals?
- What is your motivating factor? (aka, the reason you want a change)
- What has worked well for you in the past when you have set goals? What didn't work well?

# Personal Reflections from 2021

Highlights from 2021



Things I am grateful for



Some things I learned



Some things I want to leave behind



People I am thankful for



*commit your work to the Lord  
& your plans will be  
established*

PROVERBS 16:3, TPT

# Goal setting

In the next few pages, you will be setting 3 main goals. They will fall under the categories of mental, physical & spiritual.

Before you write them down, I want to walk you through some strategizing. The reason the majority of people quit on their goals just 30 days into setting them, is because they don't have actionable steps to get to the big goal.

The SMART method aims to help establish and obtain goals by making them:

- SPECIFIC - target a precise area of improvement
- MEASURABLE - quantify & track progress toward your goal
- ATTAINABLE - make your goal realistic & possible to achieve
- RELEVANT - make your goal a worthwhile effort that matches your core values
- TIME-BOUND - set a time deadline for your goal

If your goal is to run a marathon but you never run, you can't just wake up on race day & expect to be able to finish the course. You need a plan to achieve the endurance for the race.

It's the same with any goal setting. Part of the inability to stick to new changes lies in not having small goals to reach the larger one. Though it seems that it should be easy to simply decide and act on it, change is a process with multiple stages. Making a lifestyle change for health requires a well laid out, SMART plan.

# Goals & Hopes for 2022

This year I hope



My goals are important to me because



Experiences I want to have this year  
(trips, activities, etc)



What I hear God saying to me lately



People I want to spend more time with





# Core Values

## My core values are...

Love / Purpose / Self Care  
Relationships / Community / Friendship

Other: \_\_\_\_\_

## Why are these things important to me?

Add a short statement here about your "WHY" (this is your motivating factor)

Your "WHY" will help you keep on track when you lose motivation & keep you going on hard days!

## Applying my core values & my "why" to my health goals

- How do I feel when I choose to/not to eat certain foods?
- How do I feel physically when I do/don't get enough sleep?
- Is my stress level having a positive/negative affect on my health?
- Are my workouts helping me feel physically strong?
- Is my self talk helpful/hurtful for me?
- Am I spending ample time in the Word & in my relationship with God so I can hear Him speak clearly to me?

# Goals Planner

## MAIN FOCUS

MENTAL  
GOAL

PHYSICAL  
GOAL

SPIRITUAL  
GOAL

ACTION STEPS

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ACTION STEPS

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ACTION STEPS

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# 4 Questions to ask yourself as you pursue your goals

1 Am I seeing the results I want?

2 Is there an issue with the execution?

3 Are there holes in my strategy?

4 Do my daily tasks align with my goals?

# Monthly Planner

MY MAIN GOAL FOR THE MONTH OF:

SMALL GOALS TO GET TO THE MAIN GOAL



STEPS TO TAKE

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

WEEK 1

WEEK 2

WEEK 3

WEEK 4

*may He give you the desire of  
your heart & make all your  
plans succeed*

PSALM 20:4, NIV

# Prayer focus

In the space below, write a prayer of praise to God for the way He will help you achieve your goals:

*trust in the Lord with all your heart & do not lean on your own understanding. in all your ways acknowledge Him & He will direct your paths.*

PROVERBS 3:5-6, ESV