

*The year
of me... 2021*

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It is important to take a look at your goals and readjust – readapt or simply just re-establish what you want to change.

When we are able to visualize with clear detail what it will look like, how it will feel and how it will impact your life when you achieve those goals it creates a destination to aim for.

Whether they are goals you have been working on for a while or whether they are new to you it is an area that has been proven to be unbelievably valuable in terms of motivation and/or discipline.

What better time than now – whilst I don't believe in New years resolutions it is a great time when you are feeling a little less overwhelmed or are looking at a new year to create a plan to help you achieve.

1. What do you want for 2021?

2. What do you want to change?

3. Why do you want to change it?
Why is this valuable to you?

4. What will it look, feel like – how does it impact your mental
– physical and emotional health 3, 6, 12 months from now?

5. First steps to change – How do you start to make this journey happen?

6. What are the potential areas that could prevent you from achieving this? What has stopped you from achieving before?

7. What do you need to do to manage these potential barriers?

8. Who can you rely on for support in achieving this?

IF THE
PLAN
DOESN'T WORK
CHANGE
THE
PLAN
BUT NEVER THE
GOAL