

QUESTIONS *for you!*

Before you read any further, grab a pen and paper and write this down. No answering in your head, there is very important that you write this out! Fill in your answers in this PDF or Print this form out and write out your answers (preferred option)

1. Close your eyes and imagine yourself this time next year. How do you want to feel physically? What about emotionally? Who is looking back at you in the mirror? Is that she confident? Radiant? What has she learned? Take a few moments to write down your thoughts.

2. What is one habitual goal you want to achieve? Maybe it's to start meal prepping, waking up earlier to exercise, or to start journaling. A habit takes 21-30 days to form, so aim to add ONE NEW HABIT every month. Make it EASY and start with something simple to do in the morning such as drinking 500ml of water upon waking up and 5-10 mins of meditation.

3. What is one spiritual goal you have? It can be that you want to be able to calm your mind quickly or to simply feel confident and strong. Maybe you want to be more positive or respond to obstacles in a better, more productive way. Whatever it is, write it down right now and you will get there!



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4. What is one physical change you want to see? Do you want stronger arms? Do you want to build muscle overall? Or it can be something as simple as feeling confident rockin' your sports bra at your fave Zumba class. Write it down. Visualize it and make every decision every day with that goal in mind. You're capable of more than you'll ever know, and when you keep coming to our ZCLUB classes we're by your side every step of the way!

5. What are your usual setbacks? What usually prevents you from working out or eating healthy? Most of us are completely aware of our personal obstacles. How will you prevent them and work on them? Maybe you make everything else a priority before yourself or easily get distracted or discouraged. Or maybe your environment or the people around you are holding you back. Can you ask for their support? Whether it's work, friends or family, take the time to realize that you are the only one in control of your body and your future. Stand up for yourself and stick to your goals. You deserve it.

6. If you could thank your future self right now for sticking to your New Goals for 2017, what would you say to her?



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7. Now imagine yourself on December 31st, 2017 – one year from now. You feel exactly how you visualized above. What do you want to say to the person writing out her goals, preparing for the next year? What words of encouragement do you have for her? What do you want her to push through and what do you want her to let go of? Let it out.

Yay you have done it! You have taken a few moments to think about your goals and to visualise your future. Now start by making that one new habit every month. I suggest starting with drinking a a full 500ml of water first thing when you wake up and 5-15 mins of guided meditation. You can even add it something like drinking a green smoothie!



NEW HABIT *for me!*

Write down what you want to make a New Habit

- 1.
- 2.
- 3.

Cross off each day you take action on what you want to make a new habit. After 30 days it will be natural and easy!
Congratulations!

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Day 4 – 7 you will experience severe resistance. **STICK WITH IT!**

Day 8-14 you will be getting so bored and it will be **SO HARD** to **KEEP GOING**. Expect every single excuse your mind can think of to make you go back to your old ways. **IGNORE** your thoughts and keep marking off each day you accomplish what you want to form as a **NEW HABIT**.

Day 14-25 you will be convulsing with excuses and things will come up that prevent you from sticking to what you want to make a new habit. When you fall behind or off track. Put a little star next to the day, but cross it off and get back on track.

Day 25-30 you should be feeling really confident by now. Your New Habit is almost here!
The Next Month is time to introduce a **NEW HABIT** (remember make it simple!) It takes a huge amount of willpower to create a new habit and most of our willpower is used up in the morning to making it a morning habit you are more likely to succeed!

