





## 4 Easy Steps to Reach Your Health Goals

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For further explanation watch our accompanying video




**1 What is your #1 Priority?** What is your # 1 health goal? Just pick the top “irritant” that you desire to change? You may have many goals – but just pick the top one and write it down here;



**2 Why Are You at That Place?** Have you fully addressed the issues that cause you from reaching your top health goal? Are there any Open Loops you need to address? Write them down here:



**3 What Would it Look Like?** How would it feel to reach your top health goal? What would your life look like? What would you be able to accomplish? Write down what it would look like here:



**4 What is the 1st Small Step You Can Take?** You want to make your first step a very small step. Of all the steps to reach your top health goal – what would be the very small first step? What is one small step you can take toward your health goal? Write it down here: