



fitness ♦ nutrition ♦ healing

Visit our website at: www.TotalFitness.net
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Clearing Your Obstacles to Success: Willingness

1. In one sentence, describe your goal.

Write your goal in the present tense, as simply and as clearly as possible so even a child could understand it.

(Examples: I achieve my ideal size.... I run a 5 k race with ease and joy.... I establish a regular exercise program that gives me more energy.... I am smoke-free.... I have a healthy relationship with food.)

2. Identify which stage of change you are in:

Precontemplation: You are either not thinking about your goal or the cons of changing outweigh the pros.

Contemplation: You are thinking about your goal, but have not yet done anything about it.

Planning: You are putting together a logical plan you can live with.

Action: You are consistently taking positive steps towards your goal.

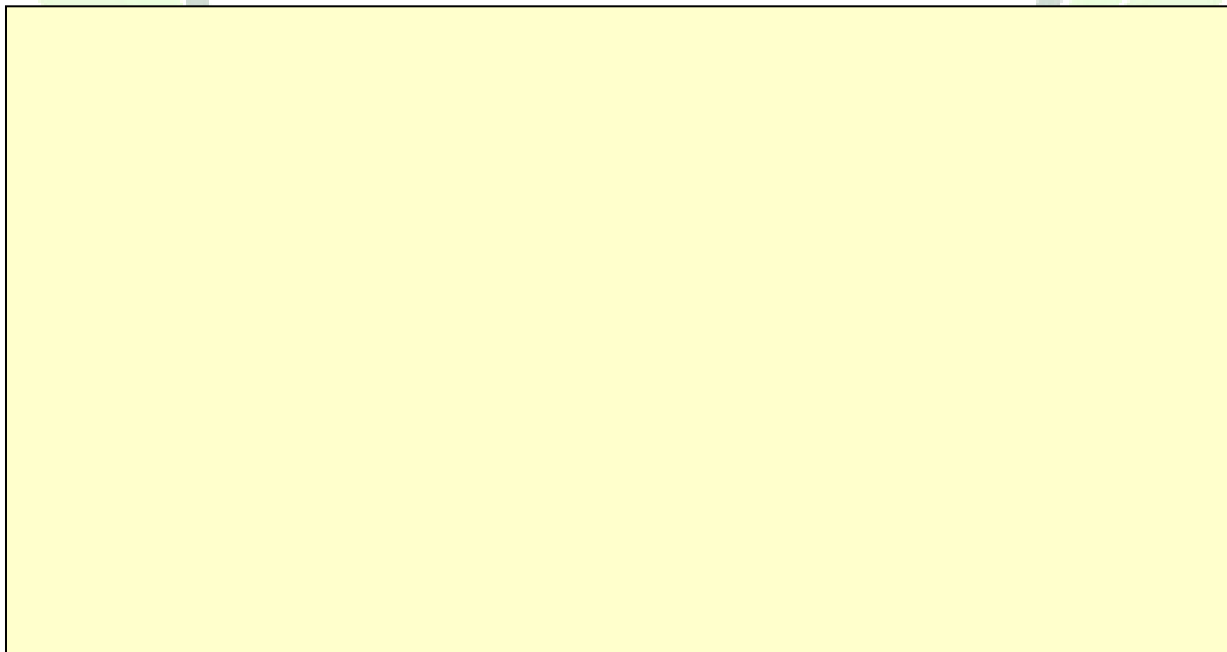
Maintenance: You have habitually taken positive steps towards your goal for at least 6 weeks.

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3. Identify your obstacles:

	Yes	No	(✓Tick a box)
- Is what holds you back physical?	<input type="checkbox"/>	<input type="checkbox"/>	
- Is what holds you back energetic?	<input type="checkbox"/>	<input type="checkbox"/>	
- Is what holds you back emotional?	<input type="checkbox"/>	<input type="checkbox"/>	
- Is what holds you back intellectual or in the way you think?	<input type="checkbox"/>	<input type="checkbox"/>	
- Is what holds you back spiritual?	<input type="checkbox"/>	<input type="checkbox"/>	
- Is what holds you back social?	<input type="checkbox"/>	<input type="checkbox"/>	
- Is there some other block you know about that is keeping you from being the best you can be?	<input type="checkbox"/>	<input type="checkbox"/>	
- Do you know that you are blocked, but are not sure what it is exactly that is holding you back?	<input type="checkbox"/>	<input type="checkbox"/>	

4. Please rank the obstacles you have recognized in order of difficulty, from most challenging to easiest for you to deal with.



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5. Your action plan:

Identify what positive steps forward you are you willing to take at this moment, to deal with your obstacles.

What I am willing to do in this very moment:

What I am willing to do today:

What I am willing to do this week:

Obstacles that may affect me:

Are there any resources you might need to overcome them? On a scale of 0-10, with 10 being most motivated, how willing are you NOW to meet these challenges?

Resources I need that will help me:

My Motivation level is (0-10):

Do You Need More Help Achieving Your Goals?

Take advantage of the Total Fitness Special Offer of an in-depth, one-to-one telephone consult for only \$85. Email James@TotalFitness.net or Patty@TotalFitness.net to book an appointment.

This offer closes Friday 30th September 2005 at 9am PST / 12 Noon EST / 5pm GMT.

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