

Specific Purpose Statement (your vision of your future)

*To live everyday to the fullest by giving myself 100% always*

Focus Area	Current situation	<u>Goal</u>	Measures of success	Actions required	Timing	Reward
<i>My weight</i>	<i>I have been heavy for many years now. I don't love being in my body. This holds me back.</i>	<i>To love my body again and feel free to express myself fully</i>	<i>Drop 30 lbs</i>	<i>Start eating healthier food  Do 2-3 yoga classes per week  Walk for 30 mins on the weekends</i>	<i>By June 2010</i>	<i>\$500 shopping spree</i>