

goal setting

SETTING GOALS GIVES YOUR LIFE DIRECTION, BOOSTS YOUR MOTIVATION, AND YOUR SELF-CONFIDENCE. BREAKING BIG GOALS DOWN INTO SMALLER GOALS HELPS KEEP YOU FOCUSED.

OVERALL GOAL

I am a strong woman; strength comes from within. I am disciplined to meet my daily movement, eating, and glowing goals. My emotional well being is like a rock carrying me from one day to the next. It is growing with each success, and I am giving myself grace when I fall short. By February 14th, 2019, I will be fitting comfortably in my favorite little black dress in time for Valentine's Day, and by May of 2019, I will feel confident in my swimsuit and be ready to rock the summer.

MOVEMENT

My body is a vessel, strong and resilient. I will move my body daily and provide it with the support it needs to carry me each day.

Attend Pure Barre Class 4-5x per week.

Take a brisk walk/run on rest days from Pure Barre.

Get fresh sunshine on my face/body daily.

I will support my body with my doTERRA supplements and routine in the MYM challenge.

NOURISHMENT

I will fuel my body with clean foods, pay more attention to my body's hunger/thirst cues, and treat my body as my temple.

I will find clean alternatives to convenience foods.

Drink tea instead of snack on junk food.

Snack clean by having cut up fruits/veggies in the refrigerator.

Fill my body with 70 oz of clean water per day.

EMOTIONS

I will love my body through the process of change and support my emotional well-being with added oils to support the ongoing changes physically and emotionally.

Rose on my face and heart in the morning with frankincense and peppermint to incentivize me into daily goals.

Ginger and peppermint for my sore muscles.

Sandalwood in my hair to feel beautiful.

RADIATE

My body glows from the inside out because I am filling it with all the goodness provided, fresh food, clean water and my supplements.

Integrate the doTERRA facial care line to nourish my skin as well as I nourish my body.

Incorporate the daily use of floral oils on my face.

Dry brush my skin daily with slim and sassy.

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OVERALL GOAL

MOVEMENT

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NOURISHMENT

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