

# Become Physically, Emotionally, Mentally and Spiritually Fit

www.avakyte.com, email: info@avakyte.com

## Wellness Goal Setting

### A/ Reflect

1. Time to Reflect; Take a couple of minutes to think about last year. What are the things that you are happy about? And, what would you like to change?
2. What did you have to do to achieve the goals you set for yourself last year? What did it take you? (think about amount of work you put in to achieve it, who you had to become, how focused, dedicated you were to the goal. Also think about the challenges you faced and overcame!)
3. If you set goals you did not achieve, why didn't you? What held you back?

### B/ Desire

1. What would you like to achieve this year? What are your personal, fitness, health and financial goals?
2. Why is it important for you to achieve them and how will they change your life when you do?
3. What would happen if you did not achieve these goals?
4. Have you tried to achieve these goals before? If yes, what was the reason for not succeeding (write down everything, internal, external circumstances)
5. If your answer was "yes" to question 4: Are you still facing the same challenges as before? How can you work through them?
6. Who do you have to become to achieve your goals? How does your perception- of the way you relate to yourself or the world- needs to change to support you achieving your goals)?
7. Do you have a support group? Do you have someone you trust? Who could hold you accountable?
8. Do you have any other thoughts, ideas that could support you in your goal?

### C/ Plan

1. What ACTIONS do you HAVE to take to ACHIEVE these goals?
2. Break the actions down into daily/weekly/monthly tasks and schedule it in your calendar!
3. Follow through. TAKE THE ACTION!
4. Check in weekly to see if you are on track! Check in monthly (or set up a deadline) and reflect! See if you have taken the right direction, change what you need to!
5. Never Give UP, if the goals are still important to you! It is okay to change your goals! It is okay to change your approach!
6. BE GRATEFUL AND APPRECIATE YOURSELF FOR WHAT YOU HAVE DONE EVEN IF IT DID NOT WORK! If you are not able to tap your shoulders and recognize the work you put into something, you won't be able to feed your soul and keep going!

**I wish you the dedication, the discipline, the strength and the calm heart you need for your journey! Don't forget you are Unlimited! The only limits you have, are only in your mind!**

Yours,  
Ava Kyte

**Ambition without action is fantasy. Set a goal, write it down and get started. Don't think forever. Don't plan forever. Don't dream forever. Dreaming is not enough without the doing!"**

— Bryant McGill