# Goals & Action Plan Workbook

MONTH

NAME

JESSICA COOKE

# *Welcome to your Dreams, Goals & Action Plan Workbook.*

The purpose of this workbook is to help you feel organised and in control as you embark on each new month.

Regardless of how the previous month went, remember that a fresh start is always available to you. We all experience times when our plans and intentions don't go as expected, and that's perfectly ok. It's important to know that it's okay to pick yourself up, dust yourself off, and realign with your goals.

I encourage you to view each month as a fresh opportunity, a chance to deepen your existing healthy habits and introduce new ones that you may be considering. Rather than focusing solely on the end result, think of this as a journey of self-discovery. By embracing the journey, you'll find more enjoyment along the way. You'll give yourself permission to make mistakes, overcome challenges, and celebrate your victories, rather than waiting for one groundbreaking moment. Remember, there isn't just one defining moment; it's a lifelong commitment to self-care and learning to be kind and compassionate to yourself through your thoughts and actions.

I send all my love to you, and I'm grateful to be on this journey with you.

Thank you,

**JESSICA X**

MONTH

What are your goals for this month?

What are your goals important to you?

Describe one healthy habit you'd love to get consistent with:

Describe one unhealthy habit you'd love to work at getting rid of:

## ON A WEEKLY BASIS...

How many workouts are you planning to do? (Write out amount, exact days and times):

How many Thrive Times? Write out amount, exact days and times):

Write out two nutritional action steps you're going to follow every week, the more detail the better. Be specific in detail and try to avoid general statements like 'I'll reduce', or 'I'll cut down'. In my experience the more detailed the guideline, the better.

Nutritional action step #1

Nutritional action step #2

Write out below the actions steps you want to follow this month, writing out at least one action step from the 5 Step Framework: PAHMS.

# PAHMS

**1. Physical Fitness** **2. Accountability & Support** **3. Hydration**

**4. Mental Health** **5. Self-Care**

**Physical Fitness examples:**

1. Workout 3 times per week;
2. Walk 3 times per week.

**Accountability & Support examples:**

1. Submit my Weekly Habits Checklist;
2. Attend a Check in (Weekly, Fortnightly or Monthly);
3. Attend an event.

**Hydration example:**

1. Drink 2 litres of water every day.

**Mental Health examples:**

1. Do 3 Thrive times per week;
2. Journal every week day;
3. Read 5 pages of a fiction book in bed every week night;
4. Stop scrolling after 9pm;
5. Keep phone on airplane mode for one hour after I wake up;
6. Meditate;
7. Sea swim;
8. Meet/chat with a friend;
9. Engage in a hobby;
10. Talk kindly and compassionately to myself every day;
11. Work on my self-image every day;
12. Work on my self-love every day;

**Self-Care examples:**

1. Go to bed by 10:30 pm every week night;
2. Have 5 sugar free days every week;
3. Dinner is my last meal 5 days per week;
4. Eat only at a table;
5. Eat breakfast, lunch and dinner (with two small snacks if I'm hungry in between);
6. Limit alcohol to one/two evenings per week;
7. Get rid of alcohol;
8. Nourish myself with healthy food 80% of the time;

Write out your actions steps for the month ahead using the above examples or creating your own:

Every week I will:

# My Monthly Healthy Habits Calendar

*"Discipline is the bridge between goals and accomplishment"- Jim Rohn*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| Workout: | | | | | | | |
| Thrive Time: | | | | | | | |
| Walk: | | | | | | | |
| Ate healthy: | | | | | | | |
| 2 litres of water: | | | | | | | |
| Self-Care Time: | | | | | | | |
| Journaling: | | | | | | | |
| Bed Time Routine: | | | | | | | |

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|---|---|---|---|---|---|---|---|
| Workout: | | | | | | | |
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| Walk: | | | | | | | |
| Ate healthy: | | | | | | | |
| 2 litres of water: | | | | | | | |
| Self-Care Time: | | | | | | | |
| Journaling: | | | | | | | |
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| Journaling: | | | | | | | |
| Bed Time Routine: | | | | | | | |

# WEEKLY REVIEW: WEEK 1

What went well for you this week?

What would you love to improve on for next week?

What are your action steps for next week?

# WEEKLY REVIEW: WEEK 2

What went well for you this week?

What would you love to improve on for next week?

What are your action steps for next week?

# WEEKLY REVIEW: WEEK 3

What went well for you this week?

What would you love to improve on for next week?

What are your action steps for next week?

## WEEKLY REVIEW: WEEK 4

What went well for you this week?

What would you love to improve on for next week?

What are your action steps for next week?

## REVIEW OF THE MONTH:

What were your WINS this month:

What would you love to build on for next month:

How are you going to celebrate the WINS you've had this month: