



Lifestyle Letter

Happy Wellness New Year

A New Year's goal you can stick with and achieve. Join the many that have benefited from the Creating Wellness approach to making lifelong wellness choices that add powerful years to your life!

This year let's start differently so we can achieve the change we want and desire. Are you ready to get started now? First, schedule at least 1 hour to plan your year. Remember you are important and deserve this time. Success starts with getting serious about preparing your Wellness Goals.

Your Creating Wellness 2010 Plan

Taking stock

- Current Wellness Quotient _____
- Take daily supplements _____
- Current Weight _____
- Current Exercise Schedule

	Days/wk	Duration/day
• Cardio:		
• Strength:		
• Stretching:		
• Yoga:		
• Other:		

Rank current stress points in your life (10 high stress - 1 low stress)

- Financial _____
- Family _____
- Children _____
- School _____
- Work _____
- Health _____
- Debt _____

List your current

- Activities
- Sports
- Relaxing method

Planning 2010

- Why do you want to create this New Year's Wellness Goals for 2010?
- Are you ready to commit to your New Year's Wellness Goals ?
- How do you believe it will impact your life?
- How do you believe it will impact those important to your life?
- How much time do you spend on doing things you enjoy each week?

Preparing your New Year's Wellness Goals Workchart:

- Begin with the end in mind. Determine what is important to you to achieve this year.
- Determine your 2010 Wellness Goals for yourself.
- Breakdown your overall Wellness Goals into a detailed plan of action.
- Please rate each detailed plan of action to the importance for you to reach your overall goals. The importance rating scale will be on a scale of 5 to 1 (5 being very valuable to achieve my goals, 3 being valuable to achieve my goals and 1 providing little to no value to achieve my goals)
- On an index card write your 2010 New Year's Goals and no more than the top 9 detailed action steps.
- Read the index card each day to stay focused.
- Prepare a duplicate index card and place on your bathroom mirror.
- Review wellness goals and detailed plan of action with my Creating Wellness coach.
- Create an affirmation for 2010 to support you to achieve your wellness goals.

New Year's Wellness Goals Worksheet

2010 Wellness Goals (be specific)

Detailed Plan of Action	Importance Rating		
	5	3	1
Be Fit:			
Eat Right:			
Think Well:			

Sample Index Card

2010 Goals:

- 1- Complete a family 5k in September 2010
- 2- Lose 22 pounds this year – 3 pounds per month
- 3- Improve my wellness quotient from 82-102
- 4- Appreciate my family and friends – make more quality time

Most Valuable for me to reach my 2010 goals

Biking – outside in the summer, inside on stationary bike in the winter – 5 to 6 times a week.
 Attend weekly club meetings for motivation, education and support
 Track results in MCWS daily
 Stop eating 3 hours before bed
 Organize my day to schedule “me time” to provide time to accomplish my eat right and be fit goals
 Take my supplements each day

Valuable for me to reach my 2010 goals

Do not over commit myself
 Stretching – Every morning- stretch towel
 Appreciate each day and focus on the good opportunities. This will make for better tomorrow's