

actions

for next week

goals

for three months

mission

your reasons to live a healthier life

mission

your reasons to live a
healthier life

I want to be
energized and
strong

I don't want
cravings
anymore

I want to feel
more positive
about myself

goals

for three months

I can walk 5 km

I have maximum
1 craving a week

I am proud of
myself

actions

for next week

Everyday at work
i take the stairs
instead of the
elevators

Every time a feel a
craving coming up
or if I have/had a
craving I investigate:

1. what was the situation?
2. what emotion did I feel ?
- 3 what am I in need of?

Everyday I write
down 3 compliments
about myself