

This will be the “Downloadable Form for them to Create their Initial

Goals:

VISION STATEMENT FOR HEALTH

I, _____ , have a clear vision of what I intend to create for myself with respect to my health and fitness goals.

(Stated in with a positive affirmation in the present). “I am

I weigh/or I am a size/or my body composition is:

Because I now have a fit, healthy and lean body I feel:

Because I have a fit, healthy and lean body I can now do:

Having set this intention on _____ I will now think, do and behave “as if” I have already achieved my goals. I am on my path to success and creating my intentions as reality.

Here are five action steps I am committed to taking in order to achieve my goals:

Example: I am committed to participating in the Spontaneous Health Program for the next 60 Days.

1.) _____

2.) _____

3.) _____

4.) _____

5.) _____

Signed: _____ Date: _____

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