



Live Your Soul's Passion with Power & Purpose

My VISION STATEMENT FOR HEALTH

“Knowing I have the power to change, I can create what I want in any area of my life. My thoughts create my reality, and if I can dream it then I can achieve it”.

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:



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Having set this intention on _____(date) 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 following the program in this book for 12 weeks beginning on (specific date).

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____

Signed: _____ Date: _____



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Act “As If” ...

When you change your decisions and goals in a way to put them in the present tense, “as if” it is already true then you will begin to behave “as if” you already are fit, healthy, and full of energy. Indeed you BECOME that person and begin to do and behave “as if” it were already true. And when you change your actions, the results follow.

Remember to state these things in the present and in the positive. Instead of saying “I want to lose weight”, say to yourself, “I want a lean and fit body.” Or “I have achieved my optimal body composition and I look and feel my best.” If you focus on “losing weight” then you are still calling that weight into your reality. Instead, focus on calling optimal health and wellbeing; “being fit and healthy” into your reality. And if you state things as “I want” than the universe continues to keep you in the “wanting” state. If you state that you **ARE** a fit and healthy person and that you have optimal body weight so you can live your life to the fullest everyday, you will quickly find yourself “acting as if” you are fit and healthy and have optimal body composition and weight. You will find yourself making choices “as if” it were already true and very soon you will be moving in the direction of your intended outcome!

I want you to take a few moments to start getting even more clarity about what you want to achieve. State what you want not only in the positive but make it measurable. How many pounds do you want to weigh? What Body Fat Percentage do you want to achieve? What size clothing do you want to be able to wear?

This is what I have decided I want to achieve in the area of my health:

Fueling Your Decision with Power!

Great job so far—now let’s give your decision some power! Now you have taken the step to “Decide What You Want” to achieve. Remember a secret of those who achieve great goals is they keep choosing the same thing over and over until they bring it into their reality. This means every small decision they make along the way will continue to support what they have chosen. You must keep choosing the same thing, over and over until it has become your reality. In order to do this we must give your decision power and passion! You need a big enough *why* to keep you focused and on track.



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goal. Use the following Commitment Form to get clear on what you want and why you want it, and the action steps you are committed to taking in order to achieve what you want. This form can actually be used to make a commitment in any area of your life, so feel free to use it to make a commitment in the area of Wealth, Career, Relationships, or any other area where you would like to achieve a new level of success.



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MY COMMITMENT(S)

Commitment Category: Health & Fitness

I, _____, am Totally Committed to:

WHY it's important to me...

In order to make my Commitment a reality, I will take the following Actions:

Signature: _____

Date: _____



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Now I want you apply some leverage to your decision by sharing your commitment with someone else in your life. This could be your significant other, a friend, or an accountability partner.

Thoughts are things, and they are powerful things. Thoughts are subtle vibrations and they have energy. When you share your promise with someone else, you are putting your promise into Words which are powerful creating vibrations!

Please join our private Facebook Group for support!