

Agreement with Self: Envisioning my Journey to Health



I have decided to make changes in my life because... *(list as many reasons as you like)*

I want to reach the following specific goal(s) *(list specific, realistic goals that excite and motivate you):*

After one year of eating nutritious food, exercising regularly and managing stress, here's how my life could look:

I feel

I can do

My lab tests show

I look

In order to reach my goals, I am willing and able to *(tick box where applicable; be brutally honest, please*)*

- Book coaching sessions well in advance and stick to the schedule as closely as possible
- Make time to complete assignments and practice new habits in-between sessions (2-3 hours/week)
- Plan meals; prepare meals from scratch; try new foods
- Reduce or eliminate sugar, refined carbohydrates, processed & fast food, tobacco, caffeine and alcohol
- Engage in daily physical activity (even gentle)
- Allot 8 hours/night for sleep; be willing to change daytime and bedtime routines
- Address stressors that may be affecting my health (for instance: work, relationships, money, etc.)
- Commit *fully* to the program for six months, even when I'm tired, stressed or progress is slow
- Be willing to let go of old habits and beliefs that don't serve me (such as: "I can't cook" "I don't like vegetables" or "Weight loss is all about willpower.")
- Be patient, forgive myself when I trip up, & share any setbacks with my coach or accountability partner

**If you answer "no" to any of these questions, it may be hard to reach your goals. Let's talk. [Schedule a free 30-min call.](#)*

What / who could hinder me from sticking to my program? How could I prevent this from happening?

Who will support me? (E.g., partner, doctor, nutrition coach) *(Please give them a signed, completed copy of this document.)*

NameDate