

Body Alchemy - Three-month Goals Worksheet

Set three-month intentions across the triad. Goals are hypotheses, not contracts.

PERIOD (FROM / TO)

THE HONEST STARTING POINT (WHERE I AM RIGHT NOW, WITHOUT SPIN)

NOURISHMENT: ONE THING I WANT TO BE DIFFERENT IN THREE MONTHS

FIRST SMALL STEP (SOMETHING I CAN START THIS WEEK)

MOVEMENT: ONE THING I WANT TO BE DIFFERENT IN THREE MONTHS

FIRST SMALL STEP

LIFESTYLE / SPIRITUALITY: ONE THING I WANT TO BE DIFFERENT IN THREE MONTHS

FIRST SMALL STEP

WHAT WOULD HAVE TO BE TRUE AT THE END OF MONTH ONE FOR ME TO FEEL I'M ON TRACK?

WHAT'S LIKELY TO GET IN THE WAY (AND WHAT I'LL DO WHEN IT DOES)

A SHORT MISSION STATEMENT FOR THIS PERIOD (ONE SENTENCE)

A reminder: revisit at month-end and rewrite anything that needs rewriting. Lived proof beats borrowed conviction.