


# Goal Setting on the Holidays



This time is a golden opportunity to set plans in place to optimise your health.

1. Imagine your holidays are over, you're back at work and into 2023... How do you want to feel at this moment? Think about how you feel in relation to your body, mind and energy levels. What kind of vibe do you want to be giving off?

2. In order to feel like this, what behaviours will you need to put in place to contribute towards that?

- Food -
  - Movement -
  - Social -
  - Mindfulness and rest -
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3. Go through the above behaviours and give them a frequency. How often will you need to do these things to move towards how you want to feel?

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4. What events or days will throw you off this plan? What are the behaviours in this time that put your plans at risk? Eg drinking, overeating?

5. What days are going to be your optimal days? How many of these would you like?

Put it all together. List your optimal days and the actions you are committing to yourself to make your ultimate holidays.

