

WHERE YOU WERE, WHERE YOU ARE AND WHERE YOU WANT TO GO

So really, how was 2009 for you? Did you attain your weight loss goals? Or maybe you needed to increase your muscle mass, did you do it? Did you quit smoking? Start a nutritional plan? Start a new exercise program? And keep to it?

You can't change what you don't acknowledge. So below is a writing exercise that will help you to clarify what happened and what you created in 2009. If you want success, to feel better and look great in 2010, I invite you to find someone to hold you accountable to the agreements you make after you complete this exercise. Maybe it is a lifestyle coach, personal trainer, friend, or a family member. Pick someone in your life who will hold you accountable to doing what you say you are going to do.

If any of us at **FloMotion™ Fitness + Yoga Studio** can offer you support, advice or ideas, feel free to email or call.

How you do anything is how you do everything. We wish you all the best for the holiday season and a Fit 'n Fabulous™ 2010!

Self Assessment of 2009

What are some of the things you wish you'd accomplished this year? Why didn't you?

What were some of the challenges or roadblocks that tripped you up and stopped you from making the above happen?

If you could have 3 "do-overs" for 2009, what would you change?

Who came into your life that supported you in moving ahead?

Who got in your way, and/or was a negative influence?

In terms of your fitness and wellness plan, is what you built this year sustainable?

In what areas did you "settle"?

Did you give 2009 your best effort? If not, why?

Did you feel supported with your wellness goals, or did it feel like you were out there on your own? Give examples.

Did you question your decisions, your abilities, or your contributions? If yes, in which ways?

What have you been lying to yourself about?

How much of the year did you spend criticizing yourself? How much time was spent championing yourself?

Agreements for 2010

What are some of the goals you'd like to achieve in 2010? Are they S.M.A.R.T goals (specific, measurable, attainable, realistic, time-based)?

What skills do you need to acquire in 2010 to make it a powerful year and attain your wellness goals?

Who can you ask for help in 2010? Who knows how to get what you want?

What habits can you change this year that will support you? Are they measurable?

Who do you need to spend less time with this year? Who is a drain on your energy, and a negative influence to the life you want to create? (we become who we surround ourselves with)

What could you do over the holiday season to prep your year for 2010?

What ways can you focus on your strengths rather than trying to fix your weaknesses?

When is the last time, you took time, to put yourself first? Make a list of all your responsibilities. Where do the responsibilities to yourself rank?

How will you "give back" to yourself and put yourself back on the priority list in 2010?

Is 2010, the year to start a new fitness and wellness plan? If so, how will you make it happen? Or how do you need to tweak the plan you're on to get the results you want?

FloMotion™ Fitness + Yoga Studio was started to light the way for those caught up in the cycle of crazy diets, fitness fads, from diet pills to butt blasters, in the relentless pursuit for the perfect body.

We are dedicated professionals serious about changing the lives of our clients, by being the instrument of change, the voice of truth and the facilitators of radiant healthy lifestyles.

Call **604.535.9108** or email info@flomotion.ca to book your **FREE 45 Minute Consultation**.

real life, real bodies, real healthy