

The ultimate guide to

Setting Health Goals to Upgrade your Lifestyle

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let's do this!



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SETTING HEALTH GOALS TO UPGRADE YOUR LIFESTYLE

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Welcome



Why hello there! I'm so happy that you're here, ready to set some amazing goals and I'm here to help you reach them! I'm a busy mom of 3, medical doctor and health + wellness coach. I know that you, too, are very busy, which is why I created this course and workbook . I'm going to keep things simple and make sure you can take action today to reach your health goals.

Here's how to make the most out of this course :

- dedicate this time to you and to your learning*
- use this workbook to help you as you go through the video modules*

That's all you need to know - so let's get started!

WITH LOVE,

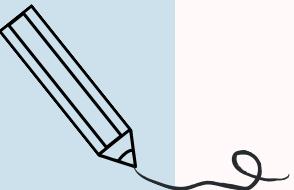
Valerie Hertzog

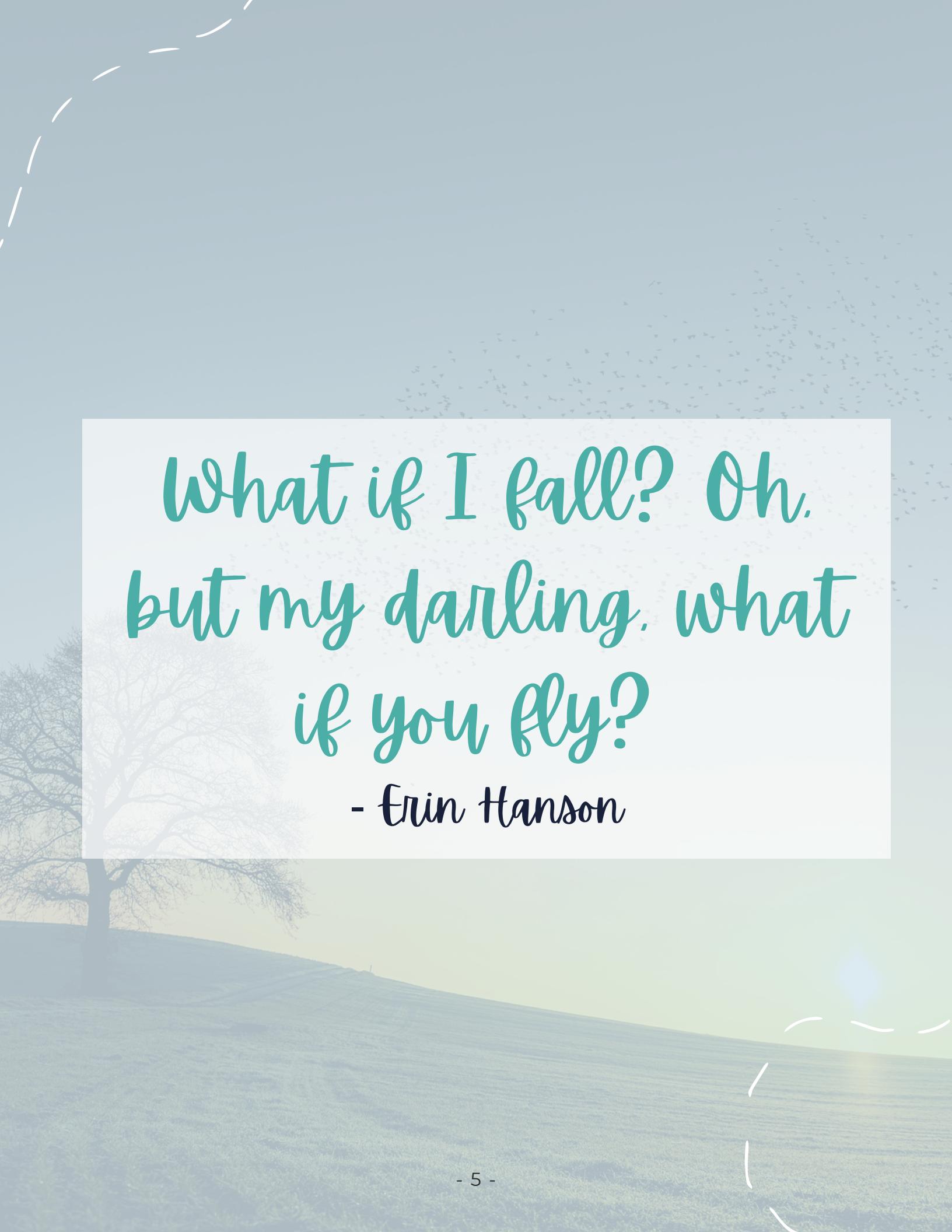
INTRODUCTION

Questions for you

Why did you sign up for this course?

Why is setting and reaching a health goal important to you?





What if I fall? Oh,
but my darling, what
if you fly?

- Erin Hanson

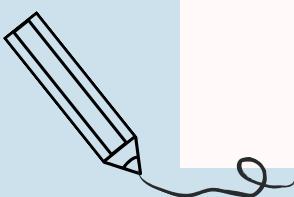
What is your new identity?

Complete the sentence:

I am...

Complete the sentence:

I will...

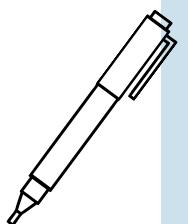


Repeat to embody
your new identity!

MODULE 2 - SMART GOAL SETTING

My SMART Goals:

use the 6 pillars of health, get as specific as possible



Make it SMART

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND

Rate the importance & confidence for each of your goals:

SMART GOAL	IMPORTANCE 1-10	CONFIDENCE 1-10
1		
2		
3		
4		
5		

I pick goal number:

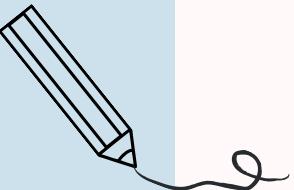
**MODULE 3: SETTING
YOURSELF UP
FOR SUCCESS**

Your success strategies

1

Identify your potential obstacles and barriers:

How will you prevent and deal with each one? Write it down below.



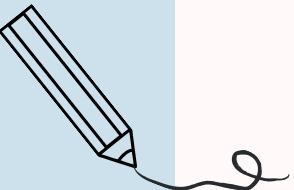
**MODULE 3: SETTING
YOURSELF UP
FOR SUCCESS**

Your success strategies

2

Who will keep you accountable? Write down their names below.

How will make you achieving this goal as EASY as possible?



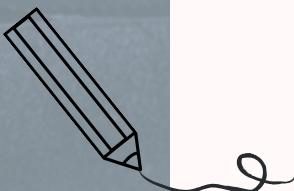
**MODULE 4: MEASURING
YOUR SUCCESS**

Measuring your progress & success

What will you measure?

How will you measure it?

How often will you measure it?



REGULAR CHECK-INS



Ask yourself:

What's working?

What's not working?

Does anything need to change?



Troubleshoot as
necessary!



When you begin to
walk on the way, the
way appears.

- Rumi

Thank you!

Congratulations on completing the course and the workbook!

Think about where you could be 3 months, 6 months, or even 1 year from now if you stick to your goal and stay on track. You can accomplish so much!

You now have the tools you need to be successful, and you can come back to this framework anytime you'd like to add on to your goal, or add new goals.

Don't hesitate to reach out if you have any questions at all, I'm here for you!

WITH LOVE,

Valerie Hertzog
Xx



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