

## Empowered Together Coaching Club

### January 2022 Intentions

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### 2021 Reflections

What are you most proud of accomplishing in your fitness, nutrition, and self care in 2021? What specifically helped you accomplish those things?

List out any and all other wins from the year that you want to note, big or small.

What did NOT serve you in your fitness, nutrition, and self care in 2021? How can this shift in 2022?

Did you have an anchor word last year? If so, how did you embody this word?

## 2022 Grounding

What are the top 3 ways you want to FEEL in 2022?

Why is feeling those ways important to you? What benefits will feeling those ways bring to your day to day life, both personally, professionally, and in your wellness?

What might you have to let go of in order to feel the way you want to feel? Name any thoughts, beliefs, fears, habits, etc. that come up for you.

Now take each of those 3 feelings and come up with 1-3 very specific action items that will help you feel those ways.

Example: I want to feel centered.

- Action Item #1: Start my day without opening social media.
- Action Item #2: Prioritize walking 5 days a week.
- Action Item #3: When I feel scattered, focus on 1 thing instead of all.

FEELING #1:

FEELING #2:

FEELING #3:

Do any anchor words or phrases come up for you for 2022 after going through the previous questions?

## 2022 Vision Part A

**Picture yourself in December 2022, after consistently (not perfectly, but consistently) implementing the action items you described above.**

What outcomes will you have achieved?

What personal strengths of yours did you rely on to get to where you are?

What core values of yours did you keep at the forefront along the way?

What supports, systems, and resources did you lean on + use to help you?

What obstacles or barriers did you overcome?

What would your future self tell your current self? What does your current self need to hear today to believe in her success?

## 2022 Vision Part B

**Above, you began to paint the picture of what you feel like at your ideal level of wellness and operating as your best self a year from now. Now you will put that picture into words. Once written, your wellness vision will act as the foundation for all of your goals + action steps moving forward. It will be the energy that keeps you going when challenges arise and what you can return to during times when motivation is low or when setbacks happen.**

Visions are the most powerful when:

- They are written in the future.
- They are written in the present tense, as if they are already happening.
- They focus more on the things you want versus the things you don't.
- They focus on what you will add or overcome versus what you will take away.
- They include more than just workouts and food.
- They are revisited often.
- They are constantly evolving.

Write the first draft of your 2022 wellness vision here, making sure to incorporate all the things you brainstormed above + using your anchor word/phrase to set the tone.

## 2022 Solidifying Part A

Let's make sure your wellness vision **TRULY** speaks to you by going through the 5 Why Exercise. There should be a strong **WHY** behind the **WHAT** so that you can't **NOT** succeed.

1. Why is achieving your 2022 wellness vision important to you right now?

2. Take your answer from #1. Why is THAT important to you?

3. Take your answer from #2. Why is THAT important to you?

4. Take your answer from #3. Why is THAT important to you?

5. Take your answer from #4. Why is THAT important to you? This final answer should evoke a lot of emotion from you. If it doesn't, you may need to continue to dig deeper!

## 2022 Solidifying Part B

When you read your wellness vision, is your inner critic voice popping up for you at all? Are you doubting your ability to achieve your vision of becoming your best self? If so, what is that voice saying?

How can you flip the script? What will you tell your inner critic when her voice gets loud along the way?

Use this space to come up with any affirmations or mantras that you can use to help you.