

The Best Version of **YOU!**

Vision, Goal Setting
Action Planning Workbook

**FREE
COPY**

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The BEST Version of YOU! Has 2020 Vision

ALIGNED Action & Accountability Coaching

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Physical* Mental* Emotional* Spiritual

By getting fit in these four areas you will have the strength, stamina, energy, passion, and mental clarity to achieve all other goals.



In the Following Areas, Rate Your Level of Satisfaction on a Scale of 1 to 10

1 being low and 10 being high) Keep the judgment out of it. When you can accurately assess and accept where you are, you are then available to create a vision and action plan to make positive change.

As long as you are willing to consistently push your edge and bring your personal best to the game, you will always be in the right place. One day or Day one? It's up to you?

Physical Health & Fitness	Mental Development, Skills and Focus
Emotional Balance & Resilience	Spiritual Alignment Personal Empowerment
Primary Relationship (Spouse)	Career Satisfaction
Financial Freedom	Social, Fun, Entertainment
Family & Friends	Creative Expression
Mission & Purpose	Home & Surroundings



Physical Health, Fitness, Vitality, Well-being

In each box make a few notes about what you need to eliminate and what you intend to cultivate in each area.

Exercise and Fitness	Body Weight
Hydration	Nutrition
Sleep	Meal Planning
Self Care - Grooming	Conscious Breathing



BE * DO * HAVE

Always in That Order

“It is only when we have the courage to face things exactly as they are, without any self-deception or illusion, that a light will develop out of events, by which the path to success may be recognized.” ~ I Ching

What do you currently have in this area of your life?

Example: I'm over weight, I'm tired all the time, I eat food that is not nourishing my body, I don't exercise, I have high blood pressure or other physical illnesses, Overwhelmed

...

Who are you BEING that is causing you to attract your current circumstance?

Inactive, lazy, a victim, powerless, a people pleaser, uninspired, reactive rather than proactive, irresponsible, stubborn, demanding, stressed, negative, blaming, irresponsible...

What are you DOING that is causing you to attract what you currently have in your life right now?

Example: Not following through on actions, giving into cravings, choosing to stay in my comfort zone, complaining rather than acting, focusing on what's wrong instead of what's right, allowing other people to influence my decisions, spending my time helping everyone else and ignoring my own needs and desires, blaming others for my situation.

Who Will YOU Need to BE to Attract What You Desire into Your Life?

Examples: Courageous, willing, committed, disciplined, focused, positive, motivated, honest, empowered, and knowledgeable. Willing to do whatever it takes for as long as it takes to achieve my goal, willing to be uncomfortable as I grow and evolve, willing to take inspired action every day.

Each day, set an intention that this is who you choose to BE. Your intentions determine your actions.

My intention is to BE...

What are you willing to DO to attract this into your life?

Examples: Plan meals, make healthy choices- consistently; create a ritual for practicing yoga every morning at 7:00 am. Exercise at least 3 times per week; go for an hour walk each day, drink 6-8 glasses of water per day, say no to sugar, flour and toxins.

If you were Being and Doing that, what would you have?

Example: Vibrant health, energy, enthusiasm, glowing skin, toned muscles, increased self-esteem, energy to do things that matter to me, contribute and make a difference...



Physical Health & Fitness

Now looking one year into the future 12 Months from now, allow images and words to arise that reflect the highest vision of your health and wellbeing one year from today.

Allow yourself to clearly see an image of your highest physical form. Notice your level of health and wellbeing. How do you look?

Notice your physiology, and allow yourself to feel what it is like to be strong, fit, powerful and confident. Experience what it's like to be more vibrant and alive. How is that for you?

How is your energy? How do you feel inside?

Notice the things you do to take care of yourself.

Allow yourself to see the images and hear the words that are important to you.

What specific action steps are you willing to commit to?

What will be measurably different in your life when you commit to yourself in this way?

What specific behaviours will you change? What will you stop doing?

List 10 Daily Habits That Will Support Your Vision.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What actions will you need to take to continue moving in the direction of your goal?

What new results will you produce?

What are others acknowledging you for?



Bring Your Vision To Life

Your Vision:

Use the answers that came up in the visioning process to bring your vision to life. Engage all your senses.

Example: I am happy and grateful now that my body is in peak physical condition. My nutrient rich diet keeps my mind body and soul operating at their peak. High energy food and beverage give me all the energy and strength I need to show up powerfully, think clearly, feel inspired and be in touch with my intuition so that I can contribute to the world in the most meaningful way. My daily practice of yoga keeps my body fit and healthy, I feel strong and empowered inside and out. I am surrounded by healthy, like-minded people. I feel alive, willing to contribute my best to have a positive impact on everyone around me. I feel joy as I walk in nature for an hour each day, always arriving back home feeling, inspired, grateful and refreshed.



Break it Down

Envision where you will be 1 year from today:
What has to happen each month to get you to your vision?
Write it down!!!

January	February	March	April
May	June	July	August
September	October	November	December

Take 30 minutes on Sunday and plan your week. Write your highest priority action steps on your calendar first. Give everything a date and time.

Weekly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Excuses

If it's important you'll find a way, if not you'll find an excuse.
The excuses we make destroy the results we deserve.

Following are a list of the top 18 Excuses people use to stay safe or stuck.

1. It will be difficult
2. It's going to be risky
3. It will take a long time
4. There will be family drama
5. I don't deserve it
6. It's not my nature
7. I can't afford it
8. No one will help me
9. It has never happened before
10. I'm not strong enough
11. I'm not smart enough
12. I'm too old (or not old enough)
13. The rules won't let me
14. It's too big
15. I don't have the energy
16. It's my personal family history
17. I'm too busy
18. I'm too scared

What excuses do you use?

What is it costing you?

What would be available to you if you did not use any of these excuses?



7 Highest Priorities Action Steps

1.
2.
3.
4.
5.
6.
7.

Identify one step you can take today to get the ball rolling. When are you going to do it?

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To Your Brilliant Future!



6 Months to
The Best Version of YOU!
Aligned Action & Accountability

Tools for Self-Transformation and Personal Development

Details at: www.michelleburns.ca

Book a Free 30 Minute Clarity Session :

"Don't prepare, begin. Our enemy is not lack of preparation;
the enemy is resistance, our chattering brain producing
excuses. Start before you are ready"

"When action is aligned with intention, change is immediate"

"Intent is evident in the outcome" -David Hawkins

Review your vision EVERY DAY!
Throughout your day today, keep asking yourself,
How can I make this better?

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