

Guide 13. Set Goals, Build a Realistic Wellness Plan, and Fix Your Sleep for Sustainable Weight Loss and Lifestyle Change

This worksheet helps you move from vague intentions to clear direction — by setting meaningful goals, building a plan you can actually follow, and protecting the sleep that makes consistency possible.

You don't need more motivation.

You need structure that supports real life.

Part 1: Awareness — Where You Are Right Now

Before you change anything, it's important to see clearly.

1. How Does Your Current Lifestyle Feel?

Answer honestly, without judgment.

Most days, my life feels:

- Structured
- Busy but scattered
- Predictable
- Overwhelming
- Intentional
- Reactive

When I think about my health and wellness right now, I mostly feel:

- Hopeful
- Motivated but inconsistent
- Confused
- Burned out
- Ready for change

One thing that feels hardest to stay consistent with is:

2. Where Do You Feel Stuck?

Check any that feel true right now:

- I want change but don't know where to start
- My goals feel too big or vague
- I struggle with follow-through
- My days feel unplanned
- I'm exhausted most of the time
- Sleep feels inconsistent or poor

One area I know needs support right now:

Part 2: Clarity — Defining Your Goal With Intention

Goals don't create pressure — they create direction.

3. Your Big Wellness Goal

This doesn't need to be perfect. It needs to be honest.

My main wellness goal right now is:

I want this goal because:

If I achieved this goal, my life would feel different in these ways:

4. Turning Your Goal Into a SMART Goal

Use this space to bring clarity.

Specific — What exactly am I working toward?

Measurable — How will I know I'm making progress?

Achievable — Why is this realistic for my current season of life?

Relevant — Why does this matter to *me* right now?

Time-Based — What is a realistic timeline?

Part 3: Planning — Creating a Wellness Plan You Can Follow

A goal without a plan creates stress.

A plan creates calm.

5. What Needs to Change to Reach This Goal?

List only what matters — not everything at once.

Examples: food habits, movement, sleep, stress, time, routines, support.

6. Turning Needs Into Action Steps

Now make those changes measurable and doable.

Instead of vague intentions, write clear actions.

Example:

Not “eat healthier” → “prep two protein options on Sunday”

Action Step 1:

Action Step 2:

Action Step 3:

7. Milestones That Tell You You're On Track

Milestones build confidence.

Examples:

- consistency with bedtime
- weight or measurement changes
- energy improvement
- completing workouts
- improved labs

My next milestone:

Target date:

Part 4: Sleep — The Foundation That Makes Everything Easier

Sleep is not optional.

It is support.

8. Honest Sleep Reflection

Most nights, my sleep feels:

- Restful
- Inconsistent
- Too short
- Interrupted
- Non-restorative

One thing that interferes with my sleep the most:

9. One Sleep Upgrade I Can Commit To

This is not about perfection.

One small sleep habit I can improve this week:

(Example: earlier bedtime, screen-free wind-down, lighter dinner, consistent routine)

This feels realistic because:

Part 5: Long-Term Vision — Staying Grounded

Big change becomes possible when you zoom out.

10. Five-Year Perspective

Five years from now, I want my life to feel:

In five years, I want to feel this way in my body:

One thing I can start doing *now* to move toward that vision:

Closing Reflection

Finish this sentence honestly:

“Taking care of my health doesn’t mean being perfect.

It means _____.”

Reminder Before You Move On

You are not failing — you are learning structure.

Goals give you direction.

Planning gives you clarity.

Sleep gives you capacity.

You don’t need to rush.

You don’t need to do everything at once.

One clear goal.

One realistic plan.

One night of better sleep at a time.

This is how consistency is built — and how real change lasts.