~~YOUR~~ POST ~~LOCKDOWN~~

GOAL SETTING & FRESH START

Workbook



ALEX THOMAS
PERSONAL TRAINING



You have a fresh, brand-new, life after lockdown ahead of you.

This is a time of transition in so many different ways …

And that means it's the perfect opportunity to reevaluate what you want out of life, and the path you want to take to get there.

What do you want this next year to look like?

If you're ready to turn the page on lockdown… and embrace all that the rest of 2021 has to offer, you're right where you need to be!

That's why I created this new workbook. I want to help you gain clarity on your goals and vision to make 2021 one of the BEST years of your life.

Welcome!

Your 2021 Goal Setting Workbook Will Help You:

- **Identify the different parts of your life that have meaning for you**
- **Pinpoint how well you're doing in each of those areas**
- **Create a plan to bring it all into balance**

You'll be creating your very own Life Balance Wheel to bring it all together!

The Life Balance Wheel was inspired by the "Wheel of Life" exercise which was created back in 1960 by self-development coach Paul Meyer.

The exercises inside will give you a BIG picture look at your life, and then help you discover ways to make it even MORE powerful!

Let's make 2021 a year to remember for something POSITIVE and INCREDIBLE.

Are you ready to dive in!? I hope so! It's time to reflect on your new goals and create specific intentions for an amazing and healthy 2021.



Let's get started,

Alex Thomas

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FINDING LIFE BALANCE

Visualise a bicycle wheel, forming a perfect circle.

As long as those spokes (the long metal supports in the centre) supporting the tire stay strong and balanced, the wheel keeps on turning, and you get where you want to go!

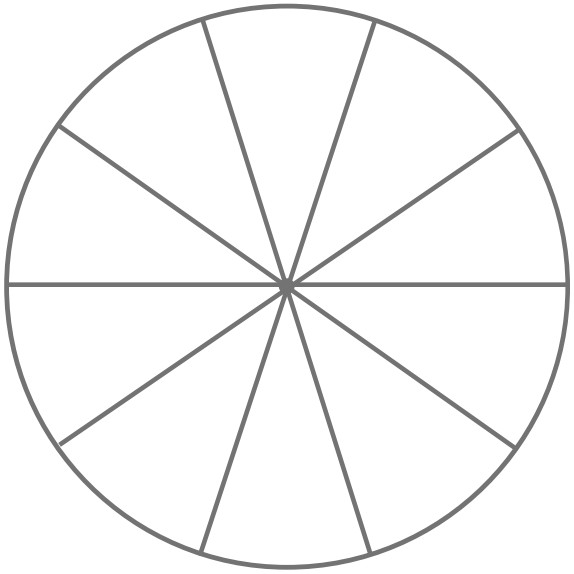
If one or two are broken or bent, you're in for a bumpy ride! It'll take a lot more effort and energy to get where you want to go, plus you'll end up doing damage to the tire over time.

Now imagine that those spokes represent different areas of your life. (Your health, relationships, spiritual practise, finances, FUN, and the list goes on. The more balanced those areas are, the more balanced YOU feel!

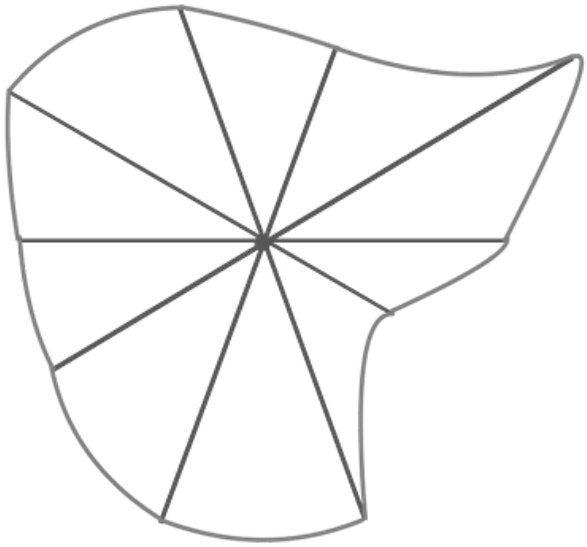
When those spokes are in sync, everything flows a little more smoothly, you're more resilient, and life is a lot less stressful.

Checking Your Life Balance

BALANCED LIFE



UNBALANCED LIFE



On a practical level, when some areas in your life aren't getting the attention they deserve, you can feel stressed, unfulfilled, unhappy, out of control – and maybe even a little lost.

Finding that "just right" balance for your life can help you achieve your goals faster AND feel more fulfilled.

There are seasons for everything, and you won't always have a perfect balance across the board … but you DO want to make sure that you pay enough attention to the key areas in your life to keep that wheel moving effortlessly and in the right direction!

We want 2021 to be YOUR YEAR. And setting intentions in the areas of your life where you're feeling dissatisfied is a really great place to start.

Let's dive in a little deeper…



BALANCE IS A PROCESS NOT A GOAL!

Like I mentioned earlier, it would be nearly impossible to have ALL your Life Balance Wheel spokes perfectly balanced, all of the time!

This is because throughout different times in your life, you will have different strengths, goals, and priorities.

For example, it's natural at different periods in your life to be focused on:

- **Achieving a health/fitness goal, like training for a triathlon!**
- **Building new relationships**
- **Adjusting to life as a parent**
- **Climbing the ladder in your career**
- **Saving to pay off student debt or buy a home**

Balance is a Process, Not a Goal!

Your wheel can also get out-of-balance because of your natural strengths, your likes and dislikes, and even your fears!

Many of us put extra energy into the things we're great at or that make us feel good.

We can even take certain things for granted. For example...



You might put extra emphasis on health and fitness because you've been an athlete your whole life, while your career may have a lower priority.



Your home might be spotlessly organized because it makes you feel relaxed, while your FUN and leisure category could use some attention!



Your financial situation might be a mystery to you ... so you avoid it, and instead focus on your hobbies.



You've never had a health problem, so self-care seems like a foreign concept, and you put that energy into your social life or work.

When your Life Balance Wheel is out of whack for too long, that's when things start to become a real problem.

You might not even realise how out of balance you actually are until you take inventory of where you're at!



YOUR MISSION:
CREATE YOUR LIFE BALANCE WHEEL

Think about all the different aspects of YOUR daily life: your health and fitness, your interests, your security, health, and your emotional / spiritual / physical needs.

- Health & Wellness
- Relationships (children, family, significant other, friends)
- Your Environment (at home and work)
- Career or Passion
- Finances
- Spirituality
- Learning (self-development / personal growth)
- Fun & Socialising
- Contribution / Charitable Work / Volunteering
- Community Leadership

YOUR MISSION: To come up with 6-10 different categories that have meaning for YOU.

Creating Your Own Life Balance Wheel

1.

2.

3.

4.

5.

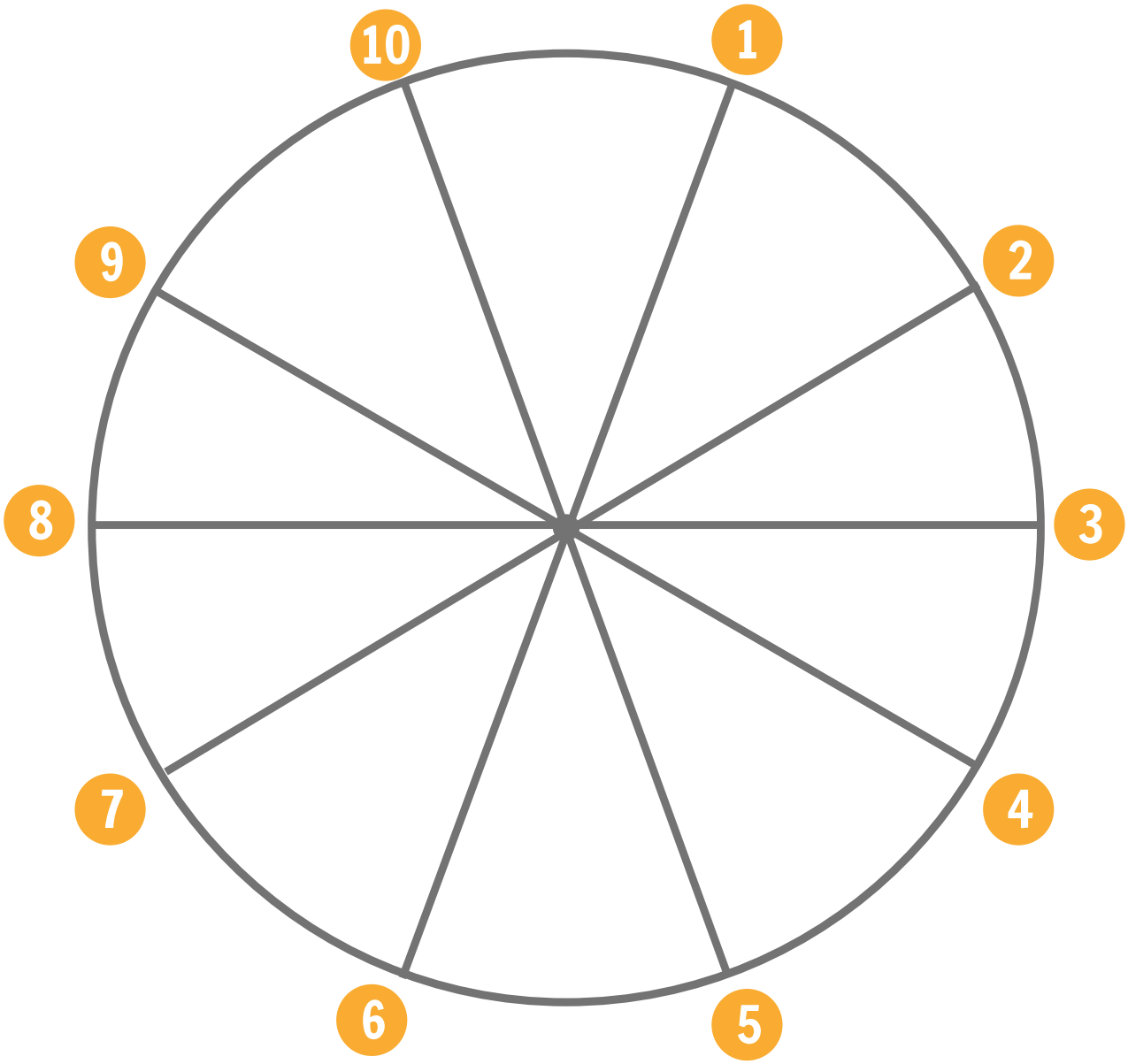
6.

7.

8.

9.

10.



Creating Your Own Life Balance Wheel

STEP 1

Write each category on your Life Balance Wheel. (previous page)

STEP 2

Give yourself a score for the amount of satisfaction / happiness you currently have in each area. (A score of 10 = high, 5 = average, 1 = low.)

If you're like a lot of people, this number can feel pretty subjective. For example, if you are facing a hard deadline at work, your satisfaction might be lower than normal!

Or if you've just gotten a big raise, that number might be extra high right now!

Try to come up with a number that fits your general, overall feelings about how satisfied you are in each category.

Mark each score on the line your Life Balance Wheel.

STEP 3

Once you've given yourself a score in each area, you will quickly be able to see the areas where you're doing well, and which ones need a little more of your attention. Put a star next to those categories.

STEP 4

Now that you've taken inventory, it's time to get practical!

ASK YOURSELF: How can you improve the areas with lower score? What is ONE thing you can do to take action TODAY to improve your numbers?

ACTION PLAN
Worksheet

CATEGORY	FIRST STEP I CAN TAKE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Creating Your Own Life Balance Wheel

STEP 5

Put your plan into action to bring up those scores and bring more fulfillment and happiness to your life! This WILL be fun! Depending on which areas you want to improve, it could include:

- Finding more ways to socialize and meet new people
- Searching online for a new personal growth course or class
- Volunteering at a local organization that needs more help
- Signing up for a new fitness class to get yourself back on track and feeling great!
- Making yourself invaluable at work so you can ask for that raise
- Setting aside time to meditate or pray each day
- Or anything else you can think of!

STEP 6

Reset and revise!

Remember: your Life Balance Wheel is always turning and changing. It will evolve over time, based on what's happening in your life and on your shifting priorities.

(New baby, starting a business, your health or health of a loved one, changes in your relationships, your goals, etc.!)

That's why it is a good idea to revisit your Life Balance Wheel every six months or so, to see how you're doing and update your numbers.





PUTTING IT ALL TOGETHER TO CREATE AN AMAZING 2021!

We hope this Life Balance Wheel exercise helps you refine, refocus, and revitalize your goals and your path forward!

Was there anything eye-opening in it for you?

Something important to keep in mind: The foundation for nearly every category of your Wheel is your health, fitness, & wellness!

If you don't have your health or FEEL your best, everything in your life will become impacted because of it.

That is why we are SO passionate about helping you reach your health and fitness goals … because we know how impactful it is in your life!

Putting It All Together to Create an Amazing 2021!

Our mission is to help our clients achieve and succeed. It's what we do best – and we're here for you with:

- **A Personalised Plan to Achieve Your Goals**
- **Accountability**
- **Coaching**
- **Support**
- **A Proven Method with Real-World Results**



I want to help you make 2021 one of the BEST years of your life … one that you remember for a GOOD reason!

If you're ready to supercharge your results this year, join me for one to one coaching.

My proven program will help you lose inches, get stronger, and feel absolutely incredible. You'll be amazed at what you can accomplish and how much fun you can have making it happen!

Call me: 07721 739 434



Looking forward to working with you!

Alex Thomas