

# **Is Sugar an Issue for You?**

## **Wellness Plan Worksheet**



**Presented by Cheryl A Major, CNWC**

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## CREATE AN ACTION PLAN

Choose at least three specific areas you want to improve under the Physical Wellness category and make an action plan detailing how you will get there.

**For example:** To improve your fitness level, make an exercise plan. To improve your stress levels, make a stress reduction plan that includes action steps like meditation and relaxation. To improve nutrition identify what is lacking and plan healthy menus.

**Goals:** For each action set short term and long-term goals.

TARGET	ACTION	
	Short Term Goals	Long Term Goals

## FIND YOUR MOTIVATION

Make a list of what motivates you to make changes in any of the areas of wellness. Print it and post in places you will see it often, such as on the refrigerator or on your car dashboard. Read it often.

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## TRACK YOUR PROGRESS

It is very important to track your progress, never assume that you will naturally see the manifestations of your efforts. Either cross off each goal as you achieve it or keep a running list and write down each and every achievement.

For example, if one of your goals under Physical Wellness was to lose 10 pounds, then write it down and congratulate yourself.

## ACHIEVEMENTS

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Focus on your goals and make healthy choices every day.  
Remember...it's about progress, not perfection!

## REWARD YOURSELF

Make a list of rewards that you will give yourself when you complete a short term and long-term goal.

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If you need direction, motivation and a cheering section, I encourage you to check out my course, "Crack Your Sugar Habit"! It is now available as a home study course, and you will have access to it for two years. You will also be included in any additional sessions and calls. At only \$25.00, it's a steal that can change your life and your health!

It's getting rave reviews from those who attended live and you can now learn with us in your own time. <http://CrackYourSugarHabit.com>



**Crack Your Sugar Habit!**

with Cheryl A Major

