



MY THM

Journey and
Goals

THEWELLPLANNEDKITCHEN.COM

Wouldn't it be cool if...

Let your thoughts and imagination flow. Write freely and just let it all out.

Now, scan the list for the ideas that make your heart sing, or fill you with energy.

Highlight your top 1-3 desires from the list. You now have the answer to the question: "What do you want?"

Source: Marie Forleo

POST-CHEAT WORKSHEET



What was the situation?

Describe your thoughts

How did you feel?

What was your reaction?

What was the outcome?

PROBLEM *solving*

What is challenging
you when it comes to
staying on plan?

Why do you think
you're struggling?

Have you had this
problem before?

What have you
tried?

What could you
let go?

What tools could
you use?

What skills could
you use?

What knowledge
could you use?

List 3 things that
will help you.

MAKING *decisions*

When it comes to staying on plan, what decisions are you faced with day to day?

List your options, their consequences, advantages and disadvantages

OPTION	CONSEQUENCE	ADVANTAGES	DISADVANTAGES
1.			
2.			
3.			

Who are you?	How does that impact your decision?
You are a Trim Healthy Mama!	

Notes

ACTION PLAN

*focus
areas*

	How satisfied am I with this currently?	
Staying on plan		How important is this to the plan?
Watching your timing		
Recovering if you go off plan		
7-9 E's per week		
2-3 FP snacks per week		
1-2 FP meals per week		
At least 5 Deep S meals per week		
Walking for 20 minutes daily		
Prepping desserts & snacks 1x/week		
Planning/refreshing your Plan A, Plan B, and Plan C		

ACHIEVING *success*

Think about the following questions and record your answers here.

When have you been successful on plan?

What led to this success?

What challenges did you face on the way?

How did you feel when this success happened?

GOAL *setting*

If there were no obstacles, I would love to...

01

02

03

04

05

06

07

08

GOAL *setting*

MY 3 MONTH GOAL

ACTION STEPS

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MONTH 1 MILESTONE

MONTH 2 MILESTONE

MONTH 3 MILESTONE

INCENTIVES

S

M

A

R

T

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GOAL *progress*

What you still need to do:

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Habits that help you:

Habits that don't help you:

How do you feel about the progress you're making with your goal?

SMART goals

When setting a goal, make sure it is SMART. You can use this worksheet to establish your smart goals.

SPECIFIC

What is the goal? What do I want to accomplish?

MEASURABLE

How will I know that I've accomplished the goal?

ACHIEVABLE

Is this goal achievable? What will I need to do to achieve it?

RELEVANT

How is this goal relevant to my life?

TIME-BOUND

What is my deadline to accomplish the goal?

ACTION *brainstorm*

An Action Brainstorm can help you identify all the things that are helping you to achieve your goals.

MY GOAL

STOP DOING:

DO LESS OF:

KEEP DOING:

DO MORE OF:

START DOING:

UNDERSTANDING *goals*

Consider your goal and answer the questions below. Keep writing even if you are repeating yourself. The purpose of this exercise is to help you focus on your goal and understand why it is important to you.

GOAL:

What will this give you?

And what will that give you?

And what will that give you?

And what will that give you?

So, why is this goal important?

WEEKLY GOALS *Tracker*

GOAL:

WEEK:

	MY ACCOMPLISHMENTS	MY FEELINGS
MON		
TUE		
WED		
THU		
FRI		
SAT		
SUN		

MANAGING OFF-PLAN *emotions*

What happened?

Why did this happen?

How did you feel emotionally?

How did you feel physically?

How did you react?

How did this reaction affect you?

SUCCESS *story*

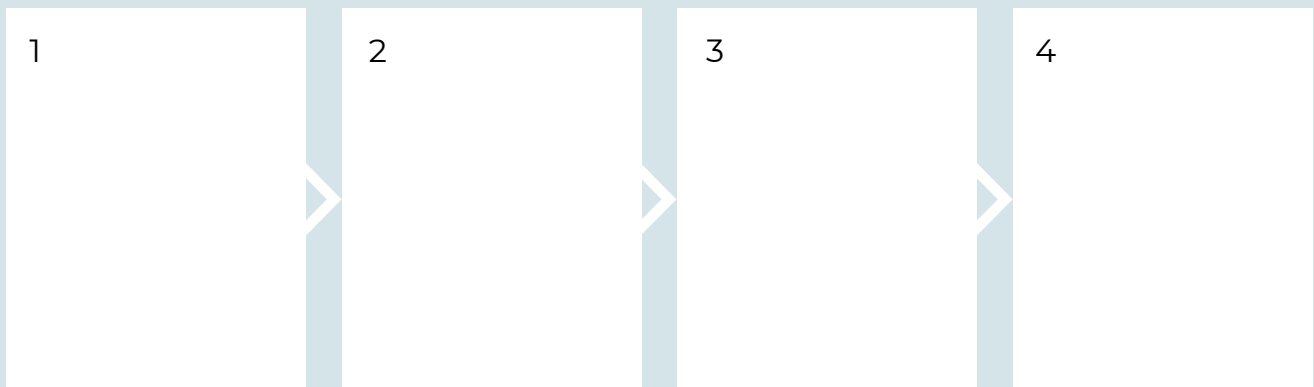
Think about a time when you succeeded at staying on plan when it was challenging.

Write about the success and how it happened:




What steps did you take to make this success?

1	2	3	4
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What can you learn from this experience?



MY journal

Today I will...

My question for today:

Question:

Answer:

10 things I'm grateful for...

- 1

- 2

- 3

- 4

- 5

- 6

- 7

- 8

- 9

- 10

Wouldn't it be great if...

3 things inspiring me...



5 things I love:

- 1

- 2

- 3

- 4

- 5

Today's affirmation

