



Ignite Your Life

Design your life to do it all.



Lulu Bea



Welcome to the "Ignite Your Life" Design System - The Mini Health Module

Let's talk about health goals.

We all have them. We all want to get healthier, lose a bit of weight, and make changes that will last.

However, many of us fail (I'd dare say most of us) when it comes to creating results that stick. It's not that we suck at changing our habits, we just overshoot.

Our aspirations are too big.

If we want to be successful with our goals, we need to set realistic expectations.

In order to achieve long-term success, we need to first experience success along the way. This means taking our big picture goal and breaking it down into actionable and achievable smaller goals.

If you think about marathon training, you don't start running 26 miles on day 1. You break it down into mini milestones and start many months in advance.

The way to longterm success is to be strategic with your life.

There are 5 steps in creating a winning strategic plan:

1. Figure out what you want and create the end goal.
2. Break the end goal down into mini goals.
3. Schedule the steps to achieving each mini goal into your calendar and DO THE WORK.
4. Celebrate your wins and be compassionate with yourself when you fall short.
5. Review your progress and make adjustments as necessary.

Now, let's figure out what you want to accomplish and the steps to getting there.



Brainstorming Questions:

Use the following questions to brainstorm what you'd like to achieve and try out over the next year. Write down everything that comes to mind - let the answers flow out of your pen.

1. What is the next level of health for me?

2. What types of physical activities sound interesting to me?

3. How many times a week would I like to be active? For how long?

4. Who can I turn to when I need motivation?

5. How will I celebrate my wins?



Goals

List of all the possible goals from your brainstorming that you'd like to accomplish to improve your health.

Which goal feels the most exciting at this moment?

When do I want to achieve this goal?

How can I break this goal into smaller steps?

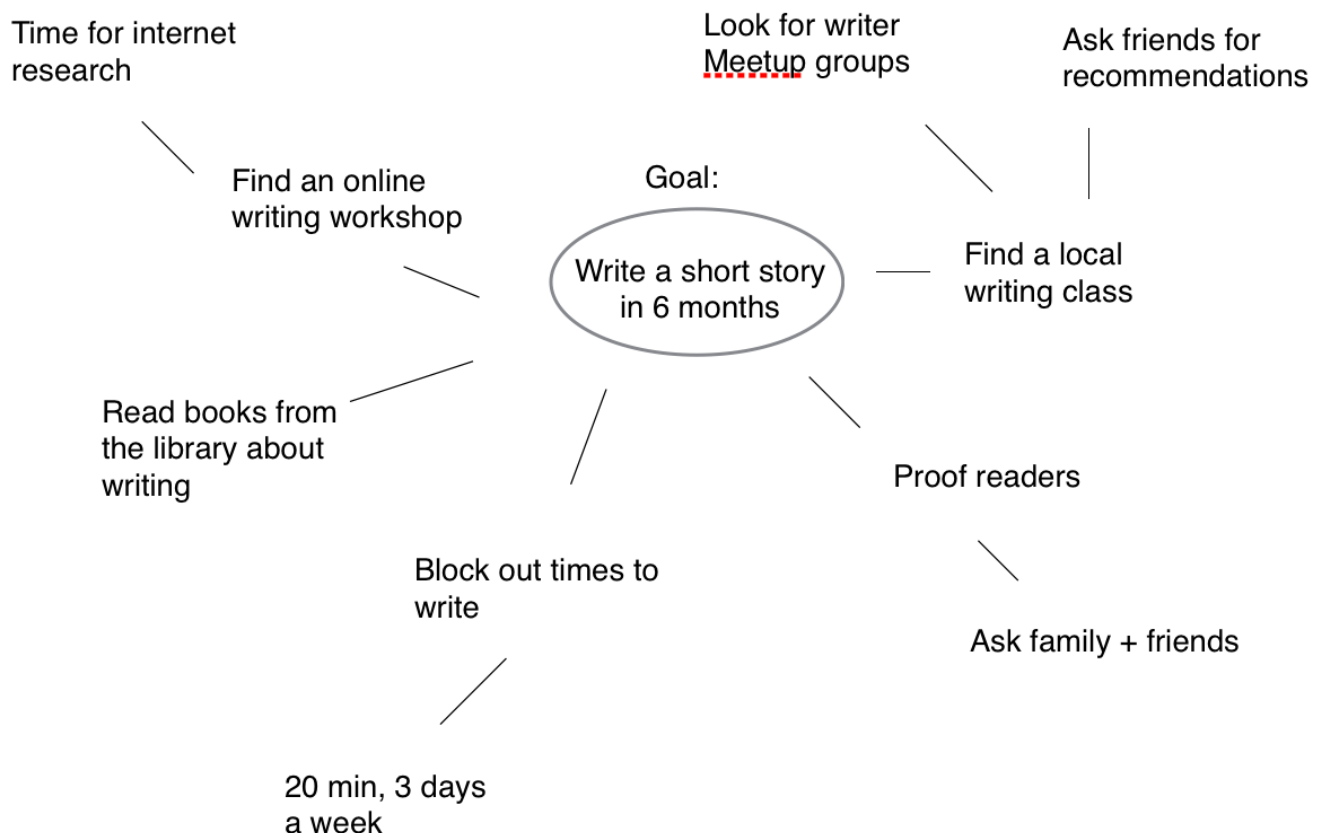


Goal Mapping

How it works: Add your goal to the center and give yourself an end date for achieving it (when you have an end date, you have something concrete to strive for). Next, think of all the steps that you may need to achieving this goal - branch off into as many sections as needed, and break each branch into smaller and smaller steps. These will be your action steps that you add to your weekly schedule.

Example:

What is my goal? When do I want to achieve it? What are the steps to achieving it?





Goal Mapping

Now, map out how your goal can be broken down into smaller steps.

What is my goal? When do I want to achieve it? What are the steps to achieving it?

Goal:



In conclusion

Use the journaling questions and goal mapping strategy to hone in on the health goals that are calling to you. Once you have them sorted out, make the time in your schedule and DO THE WORK.

Remember, a goal without a plan is just a wish.

I invite you to get your family and friends involved. Hold each other accountable. Success is always more fun when it's shared, and know that I am cheering you on too!

If you would like to go more in-depth with this work, and also learn how to balance Health + Self-Care, Personal Development, Spiritual Development, Relationships and Fun, consider joining me in the [Ignite Your Life Group Mastermind](#) or working with me 1-on-1.

You don't have to figure this all out on your own. I've done the work so you can achieve life balance sooner, because it's about time for you to become the woman you came to be.

With love,

Lulu

