

Values & Goals



Unlock Your Next Chapter

Date :

Grounding

“Floor-sitting is not just a resting position — it’s a movement-rich environment.”

— Katy Bowman

We were born to move — with ease, strength, and joy. Movement isn’t just something we do; it’s how we express life. When we move well, we feel well — in body, in mind, and in spirit. You deserve to live a life where your body supports your ambitions and your wellbeing fuels your days.

Intention

This session is a chance to step back and take a powerful look forward. Through movement-focused self-reflection, we’ll create a bold vision for your wellness and set goals that strengthen your connection to your body — and your future.

Let’s Dive In

Start by creating space to feel grounded and open.

I choose to:

- Bring my full energy and attention to this process
- Honour my experience and know there is nothing to ‘get right’
- Receive new ideas with openness and curiosity
- Know that the answer isn’t on the next page — it’s inside
- Remember this is a living, evolving practice — there is no perfect, only progress. Get curious. Lean in. Let’s go!

Notes

“Clarity comes from engagement, not thought.”

— Marie Forleo

Values



Grounding

Your values shape how you live — and how you move. They act as your compass. When your goals reflect your values, they don't just look good on paper — they feel right in your body. They keep you moving in a direction that feels true.

Reflection

Tuning into your movement and wellness, look back with appreciation.

What celebrations or proud moments have brought me to where I am today?

What challenges have I overcome or grown through?

For each, ask yourself...

What personal values helped me rise to that moment?

“When your actions are aligned with your values, fulfillment follows.”

— Dr. Peter Attia

Values



Focus

Write down the 3-5 values that feel most true to you right now — the ones guiding your daily choices.

My Core Values:

- _____
- _____
- _____
- _____
- _____

Test & Reflect

Over the next week, notice where your values are guiding you — and where they aren't.

1. What can I do today to honour one of my values?

ACTION: _____

GUIDED BY THE VALUE OF. _____

2. What's something I you can do this week?

ACTION: _____

GUIDED BY THE VALUE OF. _____

3. What's something I can plan for this month or year?

ACTION: _____

GUIDED BY THE VALUE OF. _____

“If you don't have clarity of values, you won't know what you're really working toward.”

— Brené Brown

Goals



Grounding

Your goals give direction to your energy. They're how we bring intention into motion. When rooted in your values and vision, your goals can unlock new strength, resilience, and freedom in how you move and live.

Activity. 1

Let's start with a reflection.

What 3-5 goals or milestones are you proud to have achieved in the past 12 months, especially those tied to your body, energy, or lifestyle?

"The most powerful goals are those that serve your future and your present."

— James Clear

Ready. Set. Goal

Now, let's set your goals for the next 6 months — goals that energise your body and align with your life and values.

The way that you write a goal sets you up for success. It's vital that it has a clearly defined focus and is phrased in a way that encourages your active participation.

Goals



Reach. Define. Time

Strong goals have three important elements.

REACH

Your goal should stretch you (in a good way), but not break you.

DEFINE

Write your goal using definitive language with enough detail so you know what success looks like. You need to know when you can tick it off. Using “I will...” to start your goal expresses a strong intention about the future. Clarity helps your body and brain stay on track.

TIME

Set a date to have it completed. The ideal completion date is roughly between 6 and 12 months. This keeps you feeling actively engaged.

If you have a long-term goal, work backwards to identify a step you can complete in the next 1-3 months that will move you closer to your long-term goal. This will keep you focused and often helps you achieve it sooner than you’d have thought.

If you have a habit-forming goal, decide how often you’ll do it and when you’ll start.

Goals



Explore

The big shifts or achievements I'm committed to are...

What I want to do consistently (or daily) is...

Goals

Review your responses to these phrases. The key to your goals is here. Use them as a guide to write both long-term and habit-forming goals.

The big things you're really committed to achieving are the basis for a long-term goal. What you want to be doing consistently can help you set up for a habit-forming goal.

Your Turn

Write three to five goals that will connect your mind and body and energise your life. Consider Reach, Define, and Time.

I WILL _____ starting / by

I WILL _____ starting / by

I WILL _____ starting / by

I WILL _____ starting / by

I WILL _____ starting / by

"Setting goals is the first step in turning the invisible into the visible"

- Tony Robbins