

SETTING AMAZING HEALTH GOALS THAT STICK

Steps to take you from
Confusion to Clarity



WORKBOOK

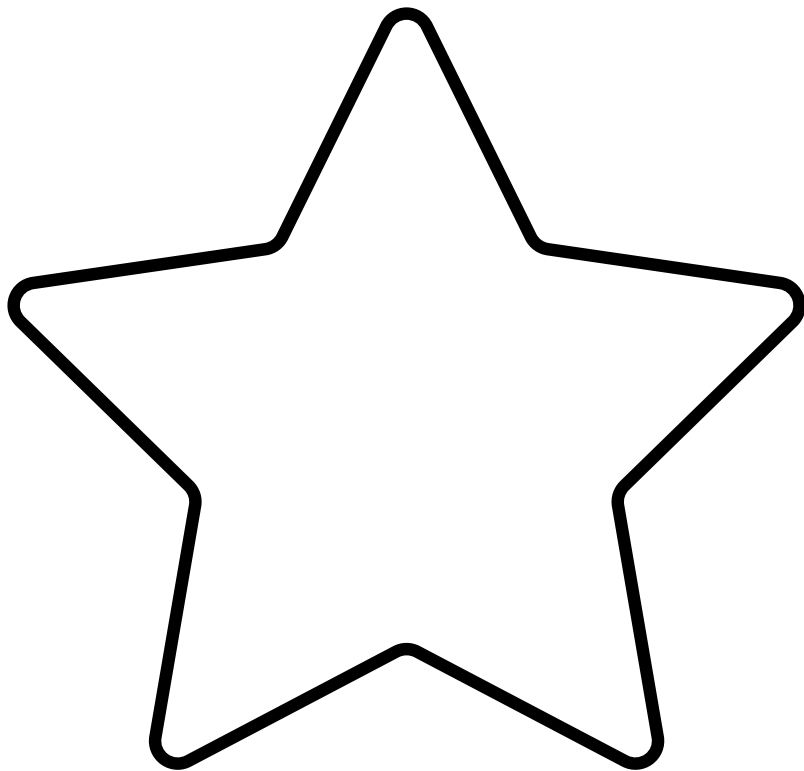
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HOW TO USE THIS WORKBOOK

This workbook is your personal coaching companion. It walks hand-in-hand with the 8-part video series.

Each section mirrors a video and is designed to help you integrate, reflect and personalise everything to your unique body, lifestyle and goals.

You don't have to complete it all in one sitting. But the more you engage, the deeper the clarity — and the faster your results will begin to show.



FIND YOUR NORTH STAR

Why this matters:

Your North Star is your unwavering inner compass — the deeper why behind your goals. When life gets noisy, this is the clarity you return to. It's what guides your decisions, fuels your motivation, and keeps you aligned even when things get tough. Without it, goals can feel like a to-do list. With it, they feel like a mission.

Your North Star is not a goal.

It's a truth about who you're becoming and what you value most.

Questions to explore your North Star:

What is the deeper reason you want to feel healthy, energised, or strong?

If your health was already thriving — what would you use your energy for?

What kind of role model, leader, partner, or parent do you want to be?

When you think about your legacy, what do you want to be remembered for?

Who do you serve or inspire when you are at your best?

Write your North Star statement here:

"I honour my health because..." or My North Star is..."

Bonus Prompt:

What would change in your life if you lived in alignment with your North Star every day?

CONNECT WITH YOUR VISION

Why this matters:

Your brain responds to clarity. Vague goals create vague results. This step taps into your why — the most neurologically motivating part of behaviour change.

Coaching insight:


The more personal and emotionally charged your vision, the more likely your brain is to prioritise the behaviours that will take you there.

What does a vibrant, healthy, fulfilled version of you look
like, feel like, move like, and think like?

When you imagine your future self, what specific lifestyle changes have become normal for you?

Why does this version of you matter?

What would be different in your day if this vision were already your reality?

 Write a statement of your health vision:

WHERE ARE YOU NOW? (Stages of Change)

Why this matters:

Self-awareness is your starting line. No shame. No rush. Just truth.

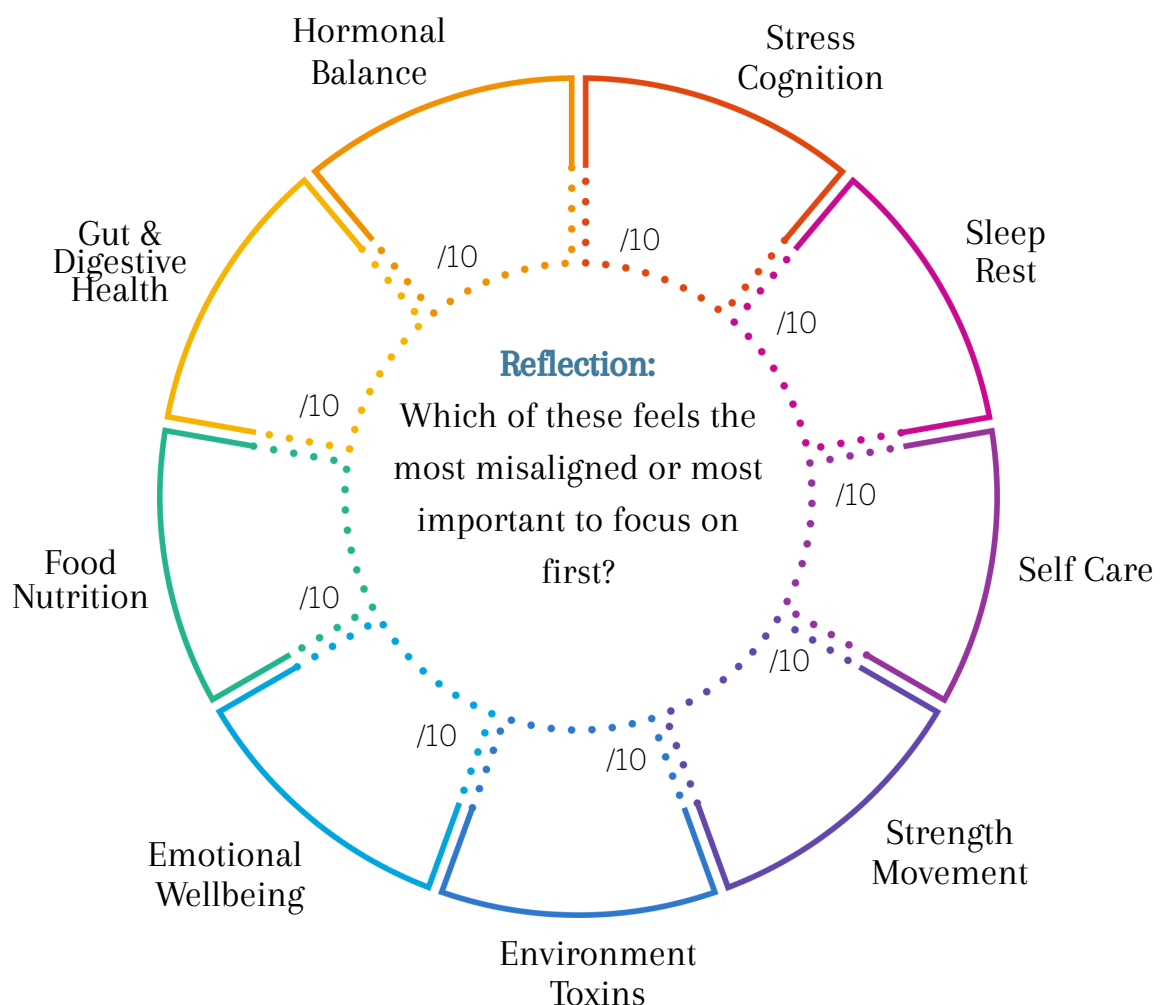
Coaching insight:

You grow in different areas at different speeds. When you identify your current stage of readiness, you activate acceptance — which is where real change begins.

Wellness Wheel Focus Areas:

Rate each of the categories from 1-10

Add your notes into the wheel



MEET YOUR FUTURE SELF

Why this matters:

Visualisation activates your brain's neural pathways as if the success already happened. This creates internal motivation (not pressure) to move forward.

What does your future self know that you haven't embodied yet?

How do they walk into a room? What is their energy like?

What daily habits are non-negotiable for them?

Journal a message from your future self to your current self:

Here's what I want you to remember when things feel hard...

CREATE A SMART.W GOAL THAT STICKS

Why this matters:

Vague goals confuse the brain. Specific, emotionally resonant goals create traction.

SMARTW Goal Framework:

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BOUND

WORDS MATTER

Bonus Coaching Prompt:

If I could only work on one goal this month that would make everything else easier or unnecessary — what would that be?

CHOOSE YOUR FOCUS AREA

Why this matters:

Focus builds momentum. Overwhelm kills it.

Prompt:

If I only had 20% of my energy to give, where would it make the biggest difference?

 My Focus Area: _____

 My current alignment score (1-10): _____

 Why this matters to me right now:

SET ALIGNED ACTIONS YOU'LL ACTUALLY DO

Why this matters:

Real change doesn't come from big declarations. It comes from actions that are small enough to do, meaningful enough to matter, and repeated often enough to rewire.

Weekly Aligned Action Plan:

FOOD

My Action

BODY

My Action

MINDSET/SELF-CARE

My Action

Coaching prompt:

What obstacles could get in the way — and what's one strategy I'll use when that happens?

ANCHOR IT WITH EMOTION & IDENTITY

Why this matters:

You don't just want new behaviours. You want a new identity. Anchoring connects action to meaning — and meaning is what the brain remembers most.

Anchor prompts:

How does it feel to have followed through this week?

What part of me am I strengthening with these actions?

What reminder phrase or image can I anchor this to?

 My anchor words, image or symbol:

 A message from my future self I'll use as encouragement:

YOUR NEXT BEST STEP

Why this matters:

Consistency is a form of self-respect. You don't need to go faster — just forward.



My next best step is:



One thing my future self would tell me to remember this week is:

REVISIT OFTEN

This workbook is not a one-time exercise. It's your personal map.

Use it to track your growth.

Update your scores.

Change your actions.

Each time you return to it, you return to yourself a little clearer, stronger, and more aligned.

