

MAPPING YOUR INTENTIONS



Why did you sign up for this program?

- New Years Resolution
- Someone talked me into it
- I'm committed to making serious lifestyle changes
- I need to fit into a dress by such-and-such date
- Other _____

What do you intend to get out of this program?

- Some quick weight-loss and then I'm out!
- Complete framework for a healthy, sustainable diet

If you checked the second box, how would maintaining a sustainable diet help you in other areas of your life (marriage, career, relationships)?



Do you believe diet has any effect on your dreams, desires or personal fulfillment?

Yes No

If yes, how so?

When you break down true intention, you often find the reason behind intention is purpose.

Would you agree that eating a healthier diet would help you achieve your life's purpose with greater ease.

Yes No

Briefly sum up your purpose in life (don't worry if you're still finding your way— we all are)...

How will your success throughout this program aid in achieving your life's purpose?

