

TogetheriCan

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January

MAKING PLANS AND SETTING GOALS

Starts with a healthy, rigorously honest evaluation of who we are and who we want to become.

If you haven't done it before, you may want to take the time to **evaluate your talents**. What are you good at naturally? You may want to make a **list of the gifts** you have been given.

Let's take a look at where we are in life and where we think we want to go. Are we trying to paddle upstream (using **competition or force** to get what we want) or are we flowing with life and allowing life to unfold (using **Power and Love** to provide for our needs)?

Have you determined what your **Core Values** are, the ones you apply to your life daily, without thought? Once you have brought them to the surface, it allows you to make better choices based on those values.

Have you determined what **your purpose in Life** is? What were you designed to do? Why were you created? You might want to use your "**gift list**" and your "**Core Values**" to assist in uncovering your Purpose.

Having discovered your Purpose, you can use that to **develop your mission Statement**. How are you going to fulfill that Purpose? What tools do you need to fulfill your mission?

I've heard it said: "**MAKE THE PLANS, DON'T PLAN THE EXPECTATIONS.**"

Having a Purpose and a Mission we can move on and develop our Vision. It is at this stage that **Plans** start to develop.

Once we have a Plan, it's time to **set the Goals**. Goals are the stepping stones that keep us progressing forward. Goals are the action steps.

Do we absolutely have to have our Values, Purpose, Mission, and Vision in order to **make plans and set goals**? The answer to that is "**NO**".

There are **certain things in life that are truths** and easy to accept, one of them being **the desire for Optimal Health in our lives**. The difficulty becomes answering the question: "How do we go about attaining Optimal Health."

Seems like **everyone has an opinion and so many (so-called experts)** disagree on what should be done.

This is the place to **add discernment** into the stages of Planning and Goals.

If we go **back to the beginning**, it all **starts with a rigorously honest evaluation**.

What's going on in your life, what difficulties are you having, what medications are you on?

Make a list of everything, look for common denominators. Is there something that could be underneath more than one of the symptoms you are experiencing? **We need to be looking for causes, not just the symptoms.**

Are you a person who relies strictly on a doctor's diagnosis? Or do you use that diagnosis, along with other factors, to make your own decisions on what path you are going to walk.

If you are the type of individual that relies totally on a doctor's diagnosis, you may want to **set a goal to Change your Belief.**

It is good to listen to and gather knowledge, but not so good to turn our lives and welfare over to anyone. At some point it is important that we **"TAKE RESPONSIBILITY"** for everything that is going on in our lives.

Once an Honest Evaluation has been completed, we can honestly say **we know where we are starting from.**

The next step is to reasonably decide **where it is we want to end up.** Where do you want to be on the Health Scale 5 years, 10 years, or 15 years from now?

How much do you want to Weigh?

How much Energy do you expect to have?

How much Endurance do you expect to have?

How much Agility (limberness) do you expect to have?

What Cholesterol levels, CRP levels, A1C levels, and Triglyceride levels do you think you should expect?

Once you have determined where you are and where you want to go, it becomes **necessary to add the steps (goals)** that will allow us to reach that destination we have decided for ourselves.

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