A woman with blonde hair, wearing a grey tank top and shorts, is crouching in a field of white daisies. She is looking down with a thoughtful expression. The background is a soft-focus field of green grass and white flowers. A large, dark green diagonal shape is overlaid on the left side of the image, containing the title and list.

VISIONING & GOAL-SETTING WORKBOOK

- Craft your Vision
- Architect your essential First Steps
- Connect to your Why
- Audit your personal toolkit of Values, Strengths, and Abilities

ERIN POWER

VISION

is where it begins

Effortless health is yours for the taking, and vision is where it begins. This exercise book aims to bring you to a deeper-than-ever awareness of what you really want, and how you are poised to **go out there and freaking get it.**

These exercises were crafted to help to clear the decks of any past limiting beliefs, diet failures, and shame spirals that have "helped" you get to the bewildered state of diet & lifestyle confusion and disappointment you may be experiencing,

By connecting you — perhaps for the first time ever in your life — to the unique cocktail of absolutely awesome traits you bring to the table, you'll find renewed confidence and belief in your ability to conquer, well... just about anything.

In this series of exercises, you'll be gently nudged to:

- Define your Vision of effortless health & happiness
- Identify your Core Values
- Craft an Integrity Statement about how a person with *your values* makes decisions to support *your vision* of effortless health
- Uncover your Intrinsic Motivations for achieving your vision of effortless health (aka, "find your why")
- Inventory your personal Strengths and Unique Abilities that will support you along the way

Diet culture may have led you to believe that all you needed was the right program; a great big pile of discipline; some inspirational quotes; or a nifty calorie-tracking app in order to achieve all of your health and happiness hopes and dreams. Meanwhile, YOU were left out of the equation altogether. It's my hope that this series of personal inventory exercises helps to bring YOU back into focus, right where you belong.

Have fun!

With gratitude and empathy,

Erin



eat.SIMPLE

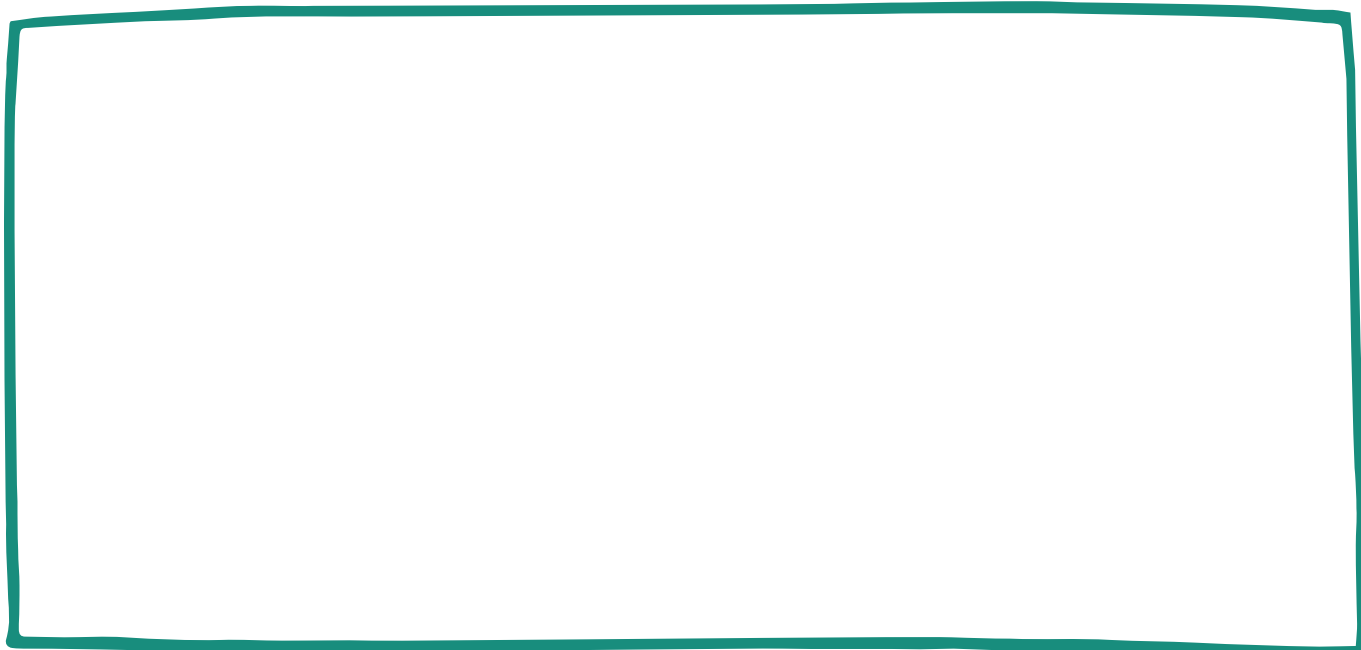
your vision OF EFFORTLESS HEALTH

Before you can embark on any journey, you need to have an idea of where you want to end up. That's the spirit behind this exercise.

Write out what effortless health feels like for you. Write it in the present tense. So, rather than saying "I'll fit into my clothes," or "I'll feel good about the food choices I make," stretch your imagination to write this out *as though it has already happened for you*.

For example: "I wake up in the morning when my alarm goes off, and I have the energy to get into my day, right away, without needing to press snooze. I drink my morning coffee quietly as part of a beautiful morning ritual; not because I need the caffeine. At work/when I'm parenting the kids, my mental clarity enables me to problem-solve without burnout or panic. My moods are predictable and my energy is level. I know I'll always have the energy to complete my weight training workout every other day; and on the days I don't feel like exercising, I'm comfortable letting that go..." etc.

Truly, paint the picture of what life looks and feels like for you, once you've achieved your health goals.



Need more room to write? There's more space on the next page!



your vision

OF EFFORTLESS HEALTH

A large, empty rectangular box with a dark green border, intended for writing a vision statement.

break it into

BENCHMARKS

Now that you know what your future vision of health looks like, break it down into to the benchmarks that you'll need to hit along the way. This is still broad-strokes stuff; don't worry, we'll get to specific goal-setting in a moment.

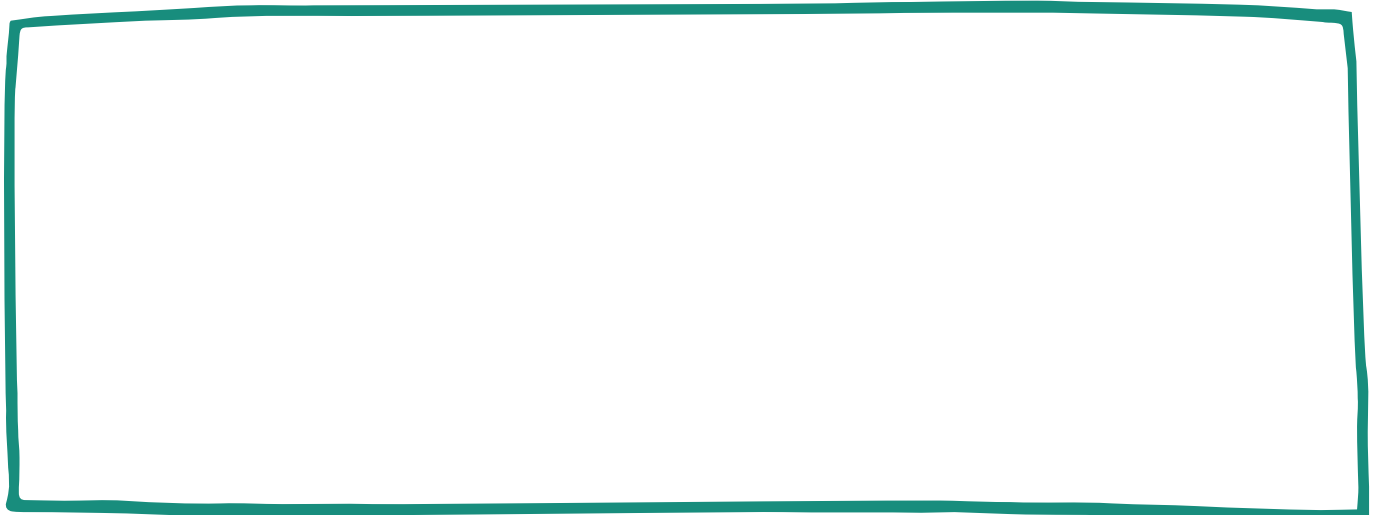
For example: If your vision of health includes having boundless energy without relying on a pot of coffee in the morning, the benchmarks might be:

- Get to bed earlier
- Buy a new mattress so I can have restful sleep
- Reduce my caffeine intake

Jot down the benchmarks of the some of the desired health outcomes you identified in your vision.

Desired Outcome #1: _____

Benchmarks:

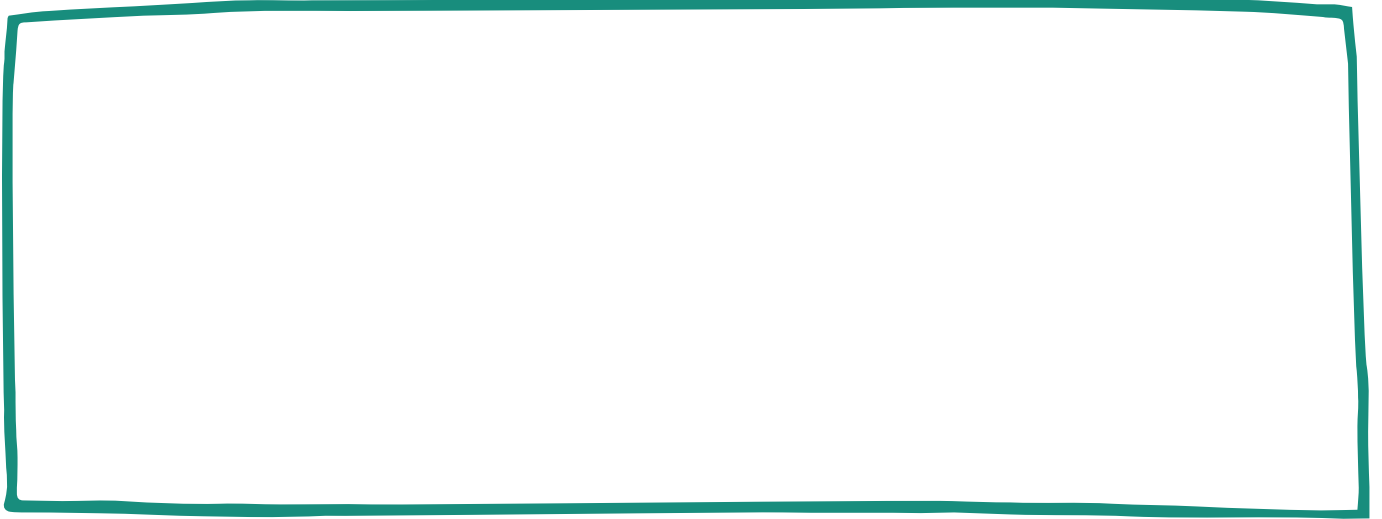


break it into

BENCHMARKS

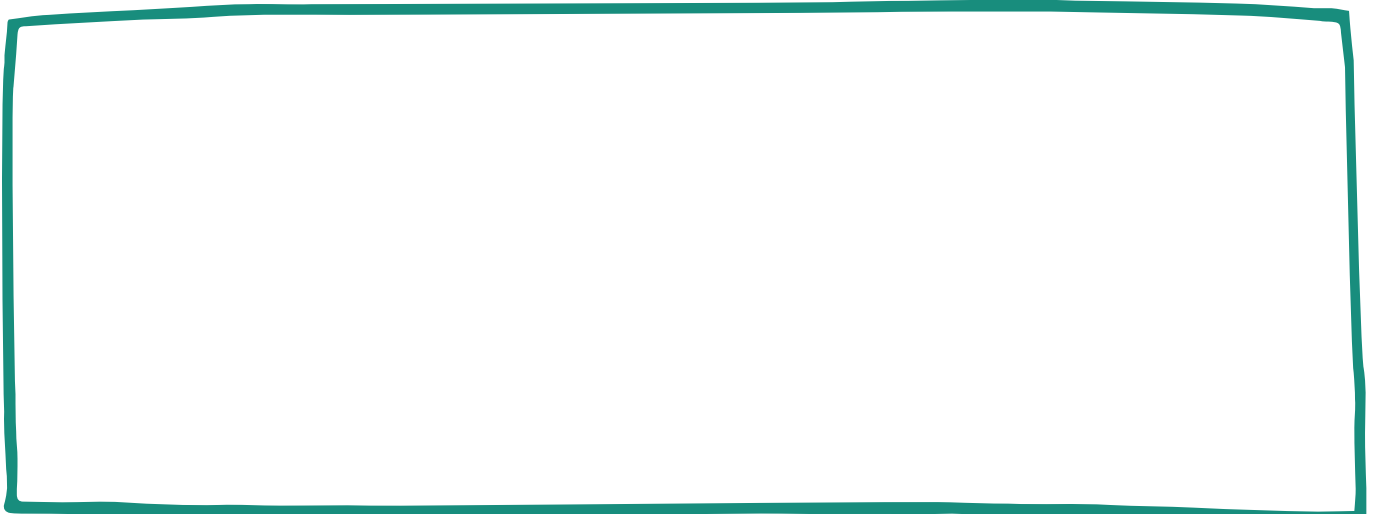
Desired Outcome #2: _____

Benchmarks:



Desired Outcome #3: _____

Benchmarks:



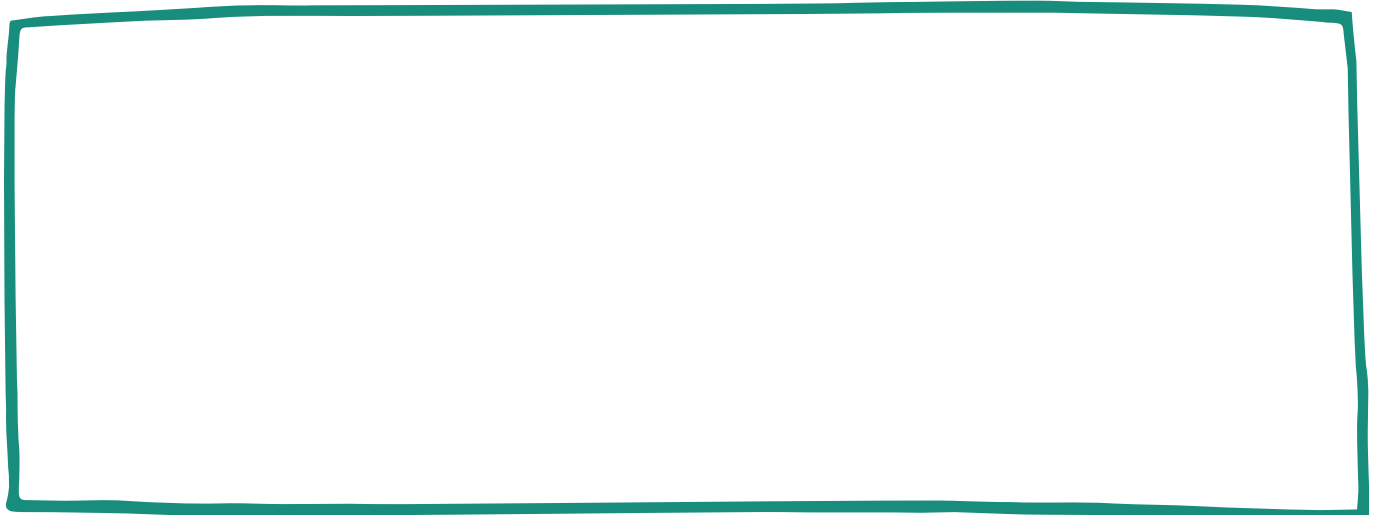
drill down to GETTABLE FIRST STEPS

Have an honest look at the benchmarks you just jotted down. Pick three of them that seem to be most important to you and are also the most "gettable." What's the first step you will take to start this goal in action?

Going back to our example, perhaps reducing caffeine intake seems more gettable. right now, than buying a new mattress, which you'll need to research and save up for. So the first step in caffeine reduction might be to purchase some decaf coffee and begin mixing decaf with your caffeinated coffee in a 3:1 ratio (to help you ease off the caffeine gently).

Gettable Goal #1: _____

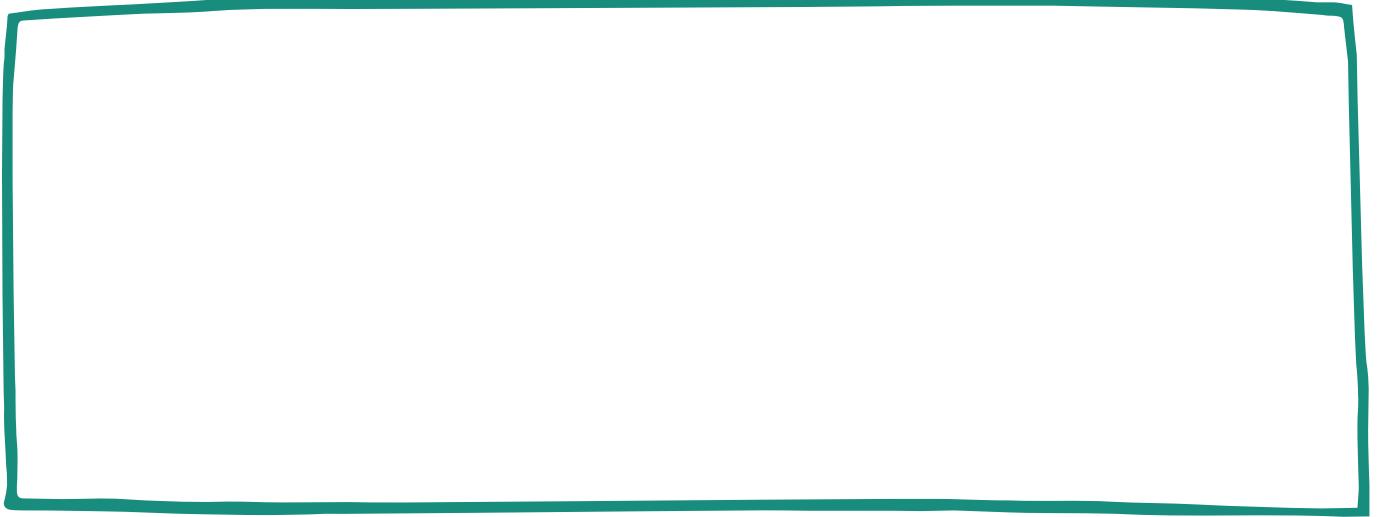
First steps:



drill down to GETTABLE FIRST STEPS

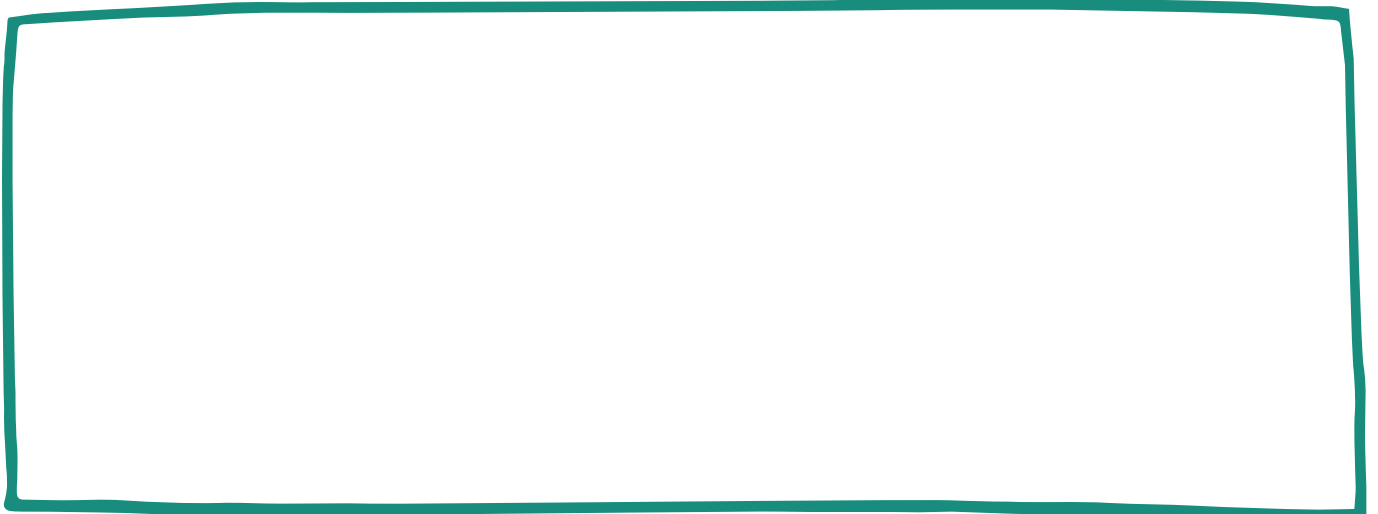
Gettable Goal #2: _____

First steps:



Gettable Goal #3: _____

First steps:



finding your "why:" INTRINSIC MOTIVATION

Your intrinsic motivations are those driving forces that come from within.

Unlike extrinsic motivators, which are influenced by the world outside of you, intrinsic motivators originate from your inner world, and are totally unique to you, your vision, and your values.

For example, extrinsic motivators might be things like:

- "I want to get healthy because my spouse is concerned about my high blood pressure."
- "I choose to eat healthy food because I know it's good for me."
- "I want to lose weight so I can look hot."

These motivators, while totally valid and important, are not truly coming from within. We'd want to dig into the "underlying root cause" of these extrinsic motivators.

Examples of intrinsic motivators include:

- "I want to eat supportive food at least 80% of the time, because it makes me feel energized and connected to my body."
- "I exercise because I find true joy in movement."
- "I want to understand how to eat, move and live because I believe it is my birthright to live with great health and energy to a very old age."

Can you feel the difference?

Intrinsic motivators feel more complete, more compelling to connect to, and as though they come from deep within. Behaviour change research shows time and again that connecting to intrinsic motivators is an important early step toward achieving buy-in to any big change one wishes to make in their life.

But, it's actually kind of hard to connect to intrinsic motivator in a world gone mad with external validation.

The exercise that follows will help you begin to uncover some intrinsic motivations for health improvement by shipping away at your layers of motivation. With a beginner's mind and a spirit of playfulness, allow yourself to truly immerse in finding your intrinsic pull toward improving your life; your "why."

The 5 Whys

INTRINSIC MOTIVATION FINDER

In this exercise, you'll revisit the three goals you set for yourself a moment ago; and then you'll begin to burrow into them to get to the root WHY behind them.

Gettable Goal #1: _____

Why is this important to you?

1

And why is *that* important?

2



The 5 Whys

INTRINSIC MOTIVATION FINDER

Why?

3

And why is that important?

4

Why?

5

The 5 Whys

INTRINSIC MOTIVATION FINDER

Gettable Goal #2: _____

Why is this important to you?

1

And why is *that* important?

2

Why?

3



The 5 Whys

INTRINSIC MOTIVATION FINDER

And why is that important?

4

Why?

5

The 5 Whys

INTRINSIC MOTIVATION FINDER

Gettable Goal #3: _____

Why is this important to you?

1

And why is *that* important?

2

Why?

3



The 5 Whys

INTRINSIC MOTIVATION FINDER

And why is that important?

4

Why?

5

inventory your CORE VALUES

Now that you know what you want and why, it's time to get to know yourself. It's just easier to go through life behaving in ways that are in alignment with your core values.

In this exercise, attempt to drill down to the values that are central to you. It might take a few tries. Start by trusting your gut and checking off the values that you feel are aligned with you. Then, walk away from the list, and come back a while later, revisiting the selections you had made. Attempt to whittle this list down by half. Keep doing this until you've got 3 to 5 solid core values that you can call your own.

- | | | |
|--|--|--|
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Friendships | <input type="checkbox"/> Poise |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Fun | <input type="checkbox"/> Popularity |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Growth | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Authority | <input type="checkbox"/> Happiness | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Autonomy | <input type="checkbox"/> Honesty | <input type="checkbox"/> Reputation |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Humor | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Influence | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Boldness | <input type="checkbox"/> Inner Harmony | <input type="checkbox"/> Security |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Justice | <input type="checkbox"/> Self-Respect |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Kindness | <input type="checkbox"/> Service |
| <input type="checkbox"/> Citizenship | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Community | <input type="checkbox"/> Leadership | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Competency | <input type="checkbox"/> Learning | <input type="checkbox"/> Success |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Love | <input type="checkbox"/> Status |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Trustworthiness |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Meaningful Work | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Openness | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Optimism | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Peace | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Fame | <input type="checkbox"/> Pleasure | <input type="checkbox"/> _____ |

core values

INTEGRITY STATEMENT

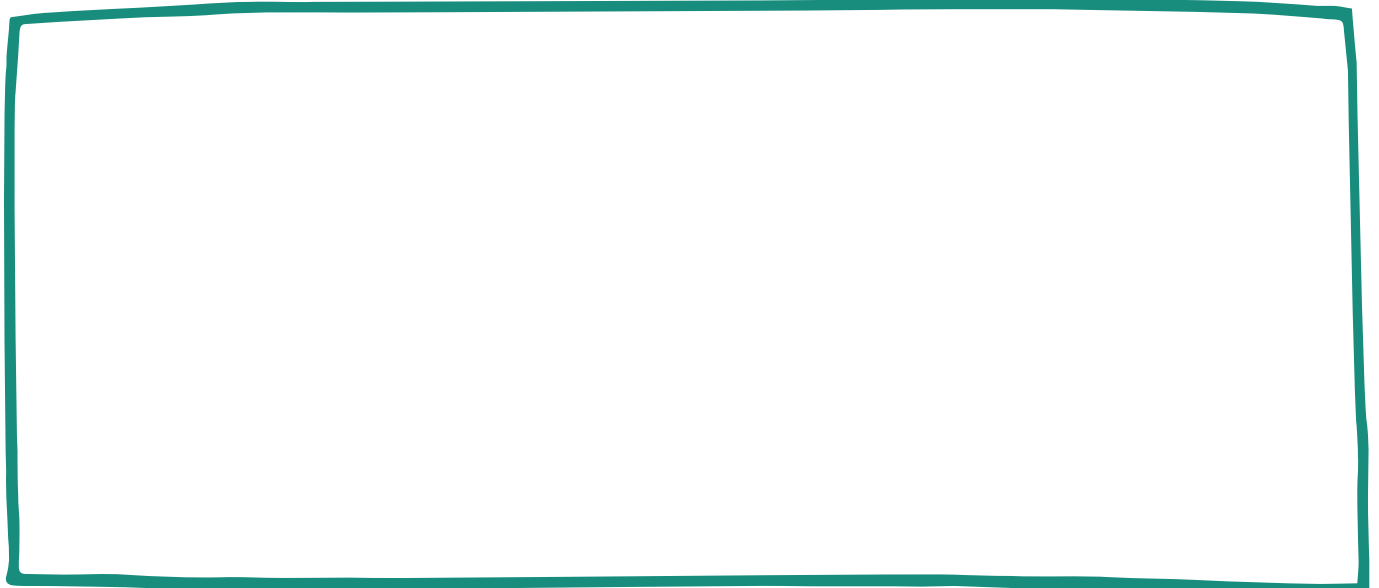
Integrity = acting in a way that lines up with your personal values. When we behave in integrity, it feels smooth and cruisey; like it's meant to be. When we behave out of integrity, it feels rough, difficult, or incorrect.

In this exercise, you'll craft integrity statements that combine your vision of effortless health and your core values, so you can get into your integrity groove. **When your Vision and Values come together, there'll be no stopping you.**

For example:

- "As a person who values creativity, I have the ability and the desire to keep my meals interesting and exciting so that I won't succumb to food boredom. As a person who values autonomy, I take on self experiments to see what will and will not work FOR ME, so that I can build out a repertoire of inner knowing that will move me toward my vision of effortless health..." etc.

Describe how a person with your particular set of core values would go about making choices and executing behaviours that line up with your vision of effortless health.

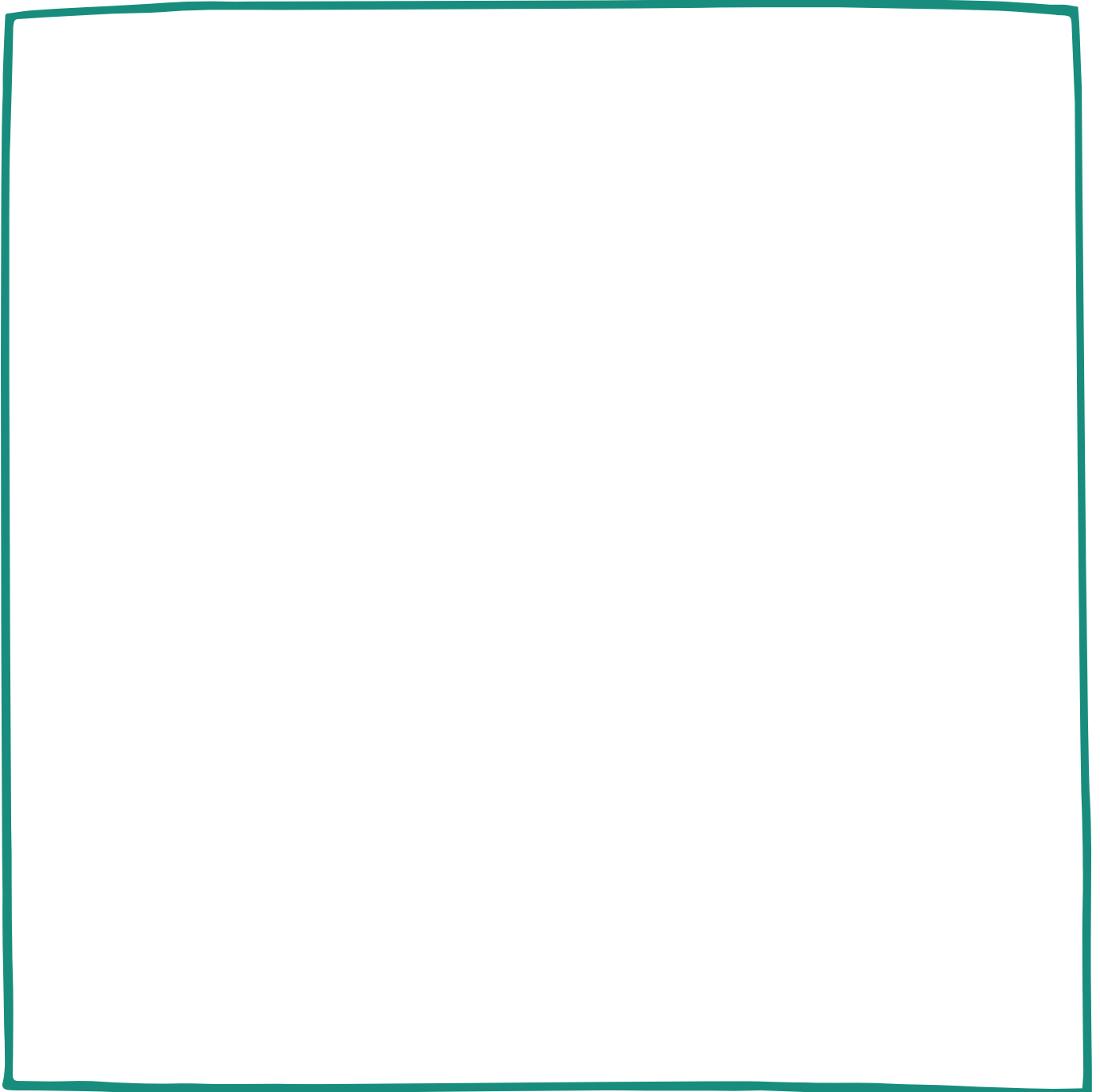


Need more room to write? There's more space on the next page!



core values

INTEGRITY STATEMENT



what are your PERSONAL STRENGTHS?

We've all been gifted with a unique set of strengths; strengths which come in darned handy when we're trying to stretch, grow, and improve ourselves.

Anchor to your strengths, here. Anytime on your health journey where you feel flustered, disappointed, or like you've taken a step back, reflect back on what advantages you bring to the table, and harness the power of your own amazing, formidable concoction of personal strengths. As with the Core Values exercise, try to narrow this down to 3 to 5 solid strengths that you can call your own.

- | | | | |
|--|---------------------------------------|---|---|
| <input type="checkbox"/> Adaptable | <input type="checkbox"/> Energetic | <input type="checkbox"/> Methodical | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Meticulous | <input type="checkbox"/> Responsive |
| <input type="checkbox"/> Articulate | <input type="checkbox"/> Experienced | <input type="checkbox"/> Motivated | <input type="checkbox"/> Seasoned |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Flexible | <input type="checkbox"/> Natural Leader | <input type="checkbox"/> Self-confident |
| <input type="checkbox"/> Candid | <input type="checkbox"/> Focused | <input type="checkbox"/> Objective | <input type="checkbox"/> Self-directed |
| <input type="checkbox"/> Capable | <input type="checkbox"/> Forthright | <input type="checkbox"/> Open-minded | <input type="checkbox"/> Self-disciplined |
| <input type="checkbox"/> Charismatic | <input type="checkbox"/> Frank | <input type="checkbox"/> Organized | <input type="checkbox"/> Sensible |
| <input type="checkbox"/> Clear-headed | <input type="checkbox"/> Hard-working | <input type="checkbox"/> Outspoken | <input type="checkbox"/> Sincere |
| <input type="checkbox"/> Communicative | <input type="checkbox"/> Helpful | <input type="checkbox"/> Painstaking | <input type="checkbox"/> Sociable |
| <input type="checkbox"/> Competitive | <input type="checkbox"/> Honest | <input type="checkbox"/> Patient | <input type="checkbox"/> Systematic |
| <input type="checkbox"/> Considerate | <input type="checkbox"/> Humble | <input type="checkbox"/> Perceptive | <input type="checkbox"/> Team Player |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Imaginative | <input type="checkbox"/> Persuasive | <input type="checkbox"/> Thorough |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Independent | <input type="checkbox"/> Practical | <input type="checkbox"/> Thoughtful |
| <input type="checkbox"/> Curious | <input type="checkbox"/> Innovative | <input type="checkbox"/> Proactive | <input type="checkbox"/> Versatile |
| <input type="checkbox"/> Decisive | <input type="checkbox"/> Insightful | <input type="checkbox"/> Prudent | <input type="checkbox"/> Well-rounded |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Intuitive | <input type="checkbox"/> Punctual | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Devoted | <input type="checkbox"/> Inventive | <input type="checkbox"/> Realistic | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Diligent | <input type="checkbox"/> Involved | <input type="checkbox"/> Reliable | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Efficient | <input type="checkbox"/> Kind | <input type="checkbox"/> Resourceful | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Empathetic | <input type="checkbox"/> Mature | <input type="checkbox"/> Respectful | <input type="checkbox"/> _____ |

what are your UNIQUE ABILITIES?

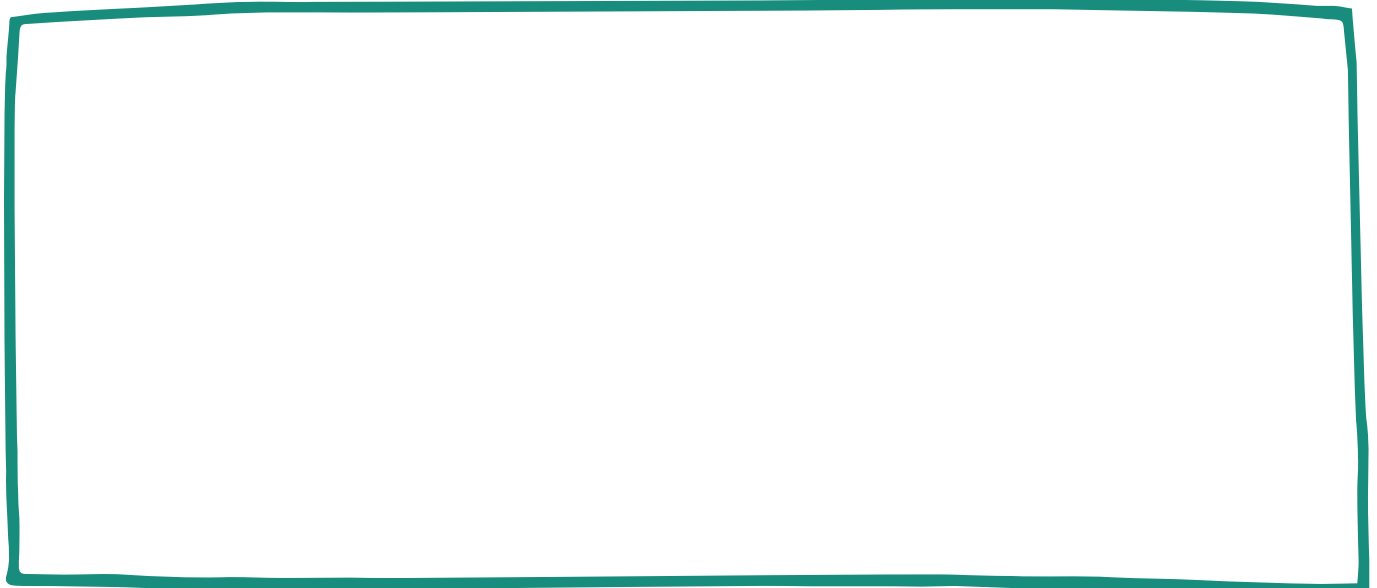
Make a list of all of the interesting, quirky, special things that you are really good at. Unlike the Strengths list, this is less a list of qualities, and more a list of the unique abilities; the things that you have always been really good at. Think back to when you were a kid; or what your coworkers have historically leaned on you for; or what you're known as being "the best it" in your family.

This feel-good, fun exercise helps to identify where it makes sense to put our energy and where we may be feeling like w're spinning our wheels.

For instance, my unique attributes include the fact that I've always been really good at figuring out technology; I have an imaginative mind that can see magic and wonder in mundane things; and I've always been really good at sleeping.

Now that I know that about myself, I can go through life making choices that speak to my uniqueness. Maybe I can use technology to gamify my health goals. Perhaps I can put my imagination to work and get into a positive affirmation practice?

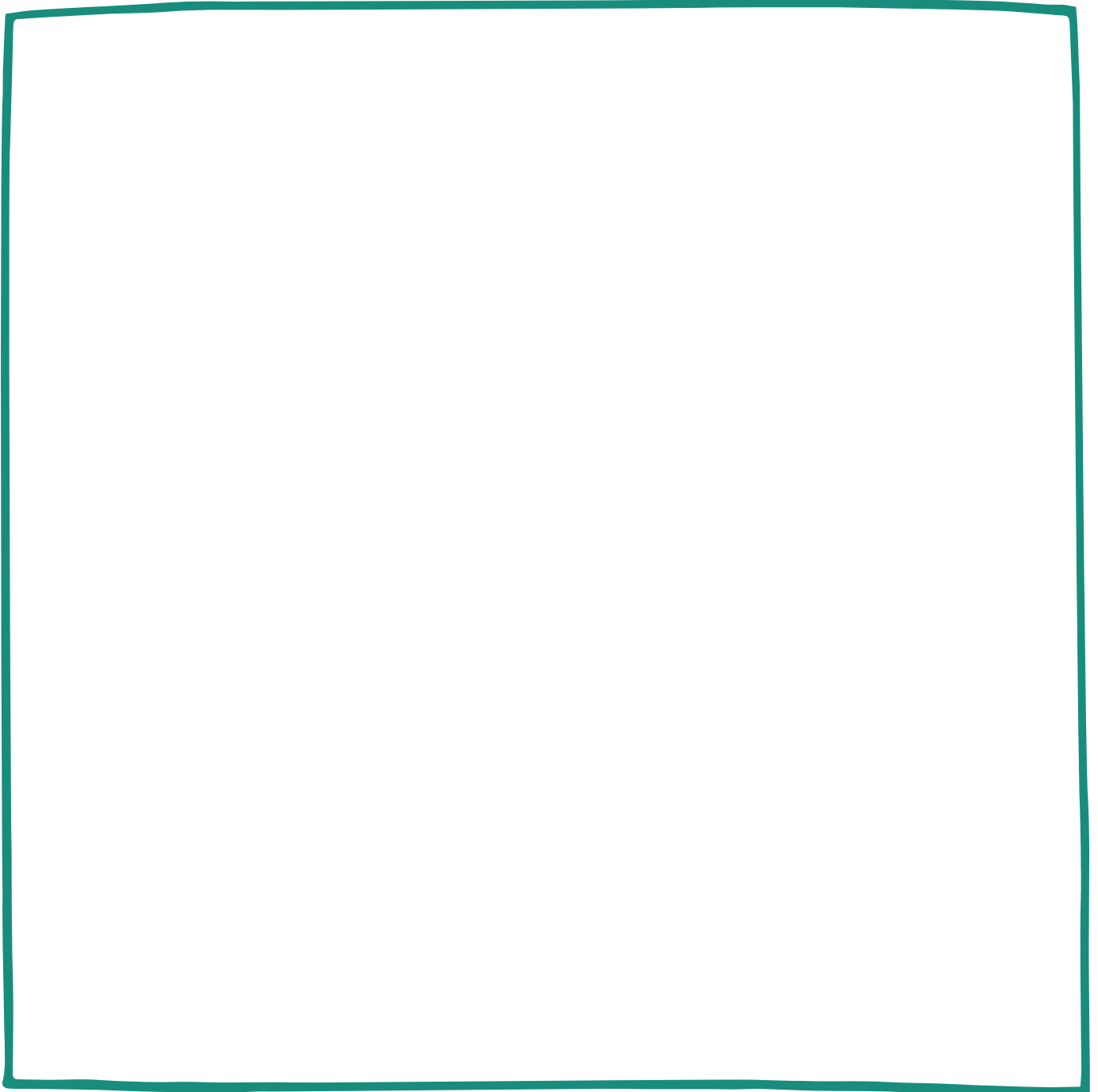
This is just a free-form text field where you can write to your heart's content. Have fun with this. It's probably the first time you've ever considered what you're really great at, naturally. :)



Need more room to write? There's more space on the next page!



what are your
UNIQUE ABILITIES?



NOTES

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