

KCS NATURAL FITNESS

WORKBOOK

SESSION 1

***Finding your
direction...***



KCS NATURAL FITNESS

What is bothering you today in relation to your health?

How would you like these situations to be? Give details...

What have you already been doing to get closer to this reality?

Why is it important for you to achieve this new condition? What do you gain from it?

What would you be losing if you just carried on with the way things are?

What do you see your biggest obstacles will be on this journey of improvement?

With all of these in mind, please complete the next page...

Action plan

What different actions can you take today in order to put yourself closer to your goal? Something you can commit to, at least, until next session.

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What actions have you already been taking that are getting you closer to your goal? List the ones you are going to keep on doing until next session.

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