

KCS NATURAL FITNESS

WORKBOOK

SESSION 2

*How your past can help you
with your future...*



KCS NATURAL FITNESS

What were your biggest achievements in the past 5 years?

What did you do to be able to obtain such results in your life?

Regarding your health, where would you say your life is today?

How do you want your life to be in 10 years time?

How do you want your life to be in 5 years time?

How do you want your life to be in 2 years time?

How do you want your life to be in 6 months time?

What internal forces do you see as blockages for you to make your health improve?

If you could make an excuse, why do you limit yourself so much?

Who would you say is responsible for the results you get in your life today?

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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