

1 Write your ideal vision of yourself 3 years from now

In 3 years, where do you envision yourself being health-wise? How do you want to look and feel? What conditions/pain/symptoms do you want to alleviate? What do you need to get better at?

Write down your 3-year vision here.

2 Create a 12-week action plan.

What are 3-5 key actions you need to take in the next 12 weeks to help you achieve your 3-year vision? For example, your key actions might be:

- Exercise 20+ minutes, 5 days per week
- Average 7+ hours of sleep every night
- Eat no more than 10 grams of added sugar each day (Tip: we have a clean eating grocery store checklist below that can help you with this!)

Write 3-5 key actions you need to take in the next 12 weeks to help you achieve your 3-year vision.

3 Create an action plan for tomorrow.

You'll need a daily calendar or planner. I've used the Blue Sky, Freedom Mastery, and Phoenix planners (all available on Amazon) because I like writing things down, but Google or Apple Calendar work just fine too. What matters is putting on paper (or screen) the actions you'll take each day.

Research shows that when you write something down or schedule it, you're much more likely to achieve your goals

- Run 3 miles
- Create a healthy shopping list for the grocery store
- Order a salad when I go out to dinner tonight
- Eat at least 100 grams of protein

Write down your key actions for today. Those actions should align with your 3-year vision and 12-week action plan. Order them in terms of importance and go to work.