

STEP 1**UNDERSTAND
YOURSELF**

Use this worksheet alongside the goal setting resource on [HoneyStinger.com](https://www.honeystinger.com)

WHO AM I? Am I a planner? Do I like change, or prefer minimal impact to my lifestyle? Do I like to set achievable goals, or aim for larger ones?

WHAT'S MY WHY? Do I want to be healthier? Do I want to improve my mental state? Do I want more socialization?

WHY DO I WANT TO SET A NEW GOAL?
What goals have I already achieved?

WHAT GIVES ME FOMO? WHO OR WHAT INSPIRES ME? What do I value? What brings me joy?

DO I HAVE THE FINANCIAL CAPACITY TO MAKE THIS GOAL HAPPEN? (gym membership, sneakers, weights, supplements, etc.)

WHAT'S MY TIMEFRAME? What time is available to me? What time is not available to me?

DO I HAVE SUPPORT? (friends, workout partners, inspirational influencers, a coach, a spouse who's on board, a work schedule that can accommodate me)

DEALING WITH SETBACKS: HOW DO I NAVIGATE THROUGH NEGATIVE EMOTIONS?

WHAT'S MY STARTING POINT? WHAT'S MY END GOAL? Is my goal realistic? Is this a good time to pursue this goal?