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TOTAL BODY PERFORMANCE MAGAZINE



Your 2024
MIND-BODY-SPIRIT
Goals Roadmap

Welcome TO YOUR 2024 MIND-BODY-SPIRIT Goals Roadmap

Hello 2024!

If you could look into a crystal ball and see yourself one year from today, what do you want to have accomplished?

- Would you be fitter? Healthier? More energized?
- Would you have checked off any bucketlist items?
- Are you having more FUN in your life?
- What about your relationships or your career — any changes there?

Even MORE importantly, how do you want to FEEL?

The new year is a perfect time to reevaluate what you want out of life — as well as the path you'll take to make it happen.

This workbook will help you get clear on your priorities, your goals, and your vision for 2024, and help you make it one of the best years of your life.

Over the next few pages, we'll explore how to go after your goals, find a new kind of life balance, and have a lot of fun in the process.



Richard Rigor

Rigorous
NUTRITION



FINDING YOUR *Balance*

Have you ever gone through a period of time when you were focused, healthy, energized, and on track?

When you're in that groove, it feels like everything is working in harmony — like your mind, body, and spirit are finally in perfect balance!

On the flip side, we've all gone through times when we've felt unfocused, confused, overwhelmed, and exhausted.

This happens when you're OUT of balance — meaning that one or more of those areas (mind, body, or spirit) isn't getting the attention it needs for you to function at your very best.

This guide will help you:

- ✔ Set goals & priorities that help restore you to that balanced “sweet spot”
- ✔ Identify the different parts of your life that need attention and care
- ✔ Pinpoint how well you’re doing in each of those areas
- ✔ Create a plan to bring it all into balance

And it will help you find the right kind of life balance – the kind that keeps you moving forward instead of feeling stuck, overwhelmed, and confused.



THE OLD WAY OF REACHING *Life Balance*

Most of us have been told we can “have it all.”

Although there are good intentions behind that phrase, the truth is that “having it all” can mean we end up struggling to find the perfect balance in our:

- Health and wellness
- Relationships
- Environment/surroundings (at home and work)
- Career or passion
- Finances
- Spirituality
- Learning (self-development/personal growth)
- Fun and social life
- Leadership (charity work, volunteering, improving community)

...all at the same time.

Instead of feeling fulfilled, we feel overwhelmed and exhausted — which is enough to make you feel like giving up!

The good news?

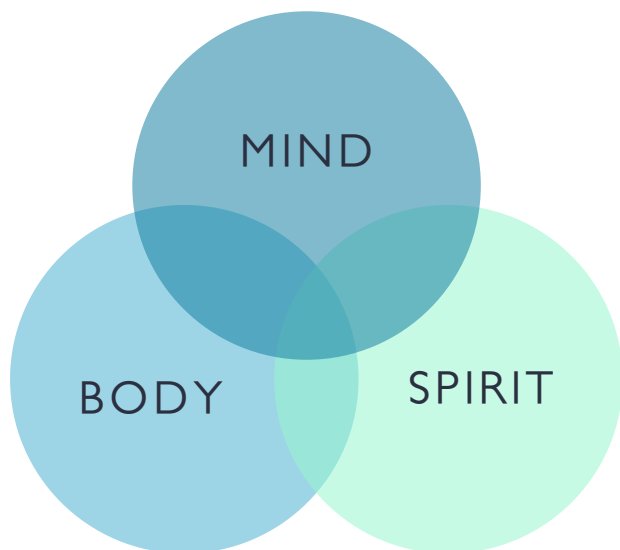
There's a much healthier way to approach a full plate of goals and to-dos.



The New Way

OF LOOKING AT **BALANCE**

And how to “hack” it to reach your goals



When you think of all the categories of your life (on the previous page), they can be put into 3 simple areas or “zones”:

- Mind
- Body
- Spirit

Balance Hack: Many of the life-balance categories fit into each of the mind-body-spirit zones.

Here are a couple of examples:

Depending on your job or career, it can provide you with:

- MIND — Challenge and growth
- BODY — Resources (e.g., money) for shelter, food, clothing, and self-care
- SPIRIT — Meaning, satisfaction, and fulfillment

Exercise helps:

- MIND — Brain health, focus, and memory
- BODY — Energy, strength, health, and sleep
- SPIRIT — Better mood and a feeling of accomplishment and self-care



YOUR MIND-BODY-SPIRIT

Balance Checkup

Take some time to think about the actions you're taking in each area right now: Body, Mind, and Spirit.

You might notice that you are excelling in one area and lagging in others — and that's okay! This can be because of your natural strengths, your likes and dislikes, a demanding job, health or other issues, and even your fears.

Write your actions here or in a notebook. It can be tempting to do this exercise in your head, but when you actually WRITE this exercise, it lets you see firsthand where you're excelling — and where you need to ramp up your efforts.



- 1.
- 2.
- 3.
- 4.
- 5.



- 1.
- 2.
- 3.
- 4.
- 5.



- 1.
- 2.
- 3.
- 4.
- 5.

FINDING YOUR

Balance



From the exercise on the previous page: Do any of the three zones (Body, Mind, or Spirit) need attention?

Or is there a zone you want to give extra attention to this year, to help you reach specific goals (weight loss, health transformation, etc.)?

Some common examples:

- If you've been focused on work, you might be heavy in the "mind" area and need to give "spirit" and "body" some attention
- If you've been working on a health or fitness goal, you might have a strong "body" emphasis and need to give "spirit" and "mind" more focus

Below are some ideas to help you move the needle forward in your Body-Mind-Spirit balance.

Use them to spark even more ideas to help bring you into balance.

- Find a way of meditating that works for you
- Keep a journal
- Read (or listen to) personal growth books
- Begin an exercise program
- Feed your body healthy whole foods
- Make time for sleep
- Take a day off (even from your devices)
- Spend time in nature
- Begin doing breathing exercises (like box breathing) every day for 5 minutes
- Deliberately create a new habit (e.g., go to the library on Tuesdays or do an in-depth stretching session on Thursdays)
- Pretend you're your best friend, and do something nice for yourself

Helpful Tip:

Choose an activity that moves you (gently) out of your comfort zone.



MIND-BODY-SPIRIT *Plan*



It's time to take action! Come up with 1-3 action steps you can begin NOW, to bring your mind, body, and spirit into balance in 2024.

The key to great goal setting is to use SMART goals – which means your goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

We've included mind-body-spirit sample goals to get you started.

Quick Note:

The examples on the next few pages are just samples. Be sure to choose goals that are meaningful to you.

#1 BE AS SPECIFIC AS POSSIBLE.



Mind: "I want to improve my ability to focus by not mindlessly scrolling on social media during the day."



Body: "I want to get stronger and fitter by working out 30 minutes, five days a week."



Spirit: "I want to nurture my spiritual well-being by going to a meditation class once a week."

#2 CREATE MEASURABLE GOALS SO YOU CAN MONITOR YOUR PROGRESS.



Mind: Track the # of days per week you achieve your goal by budgeting an amount of time you WANT to spend on social. (ex: only 20 mins/day, tops)



Body: Keep a record of your workouts, noting what kind of exercise you did and how long your workout lasted.



Spirit: Hold yourself accountable for attending your class.

#3 MAKE SURE YOUR GOALS ARE REALISTICALLY ACHIEVABLE.



Mind: If you're used to spending hours each day on social media, start by cutting that time in half to get started. (Then in half again, after you're successful.)



Body: Choose an exercise routine that fits your current fitness level and schedule – and work up from there.



Spirit: Find a group or online class that works with your schedule.

#4

CHOOSE GOALS THAT ARE RELEVANT AND MEANINGFUL TO YOU.



Mind: This could be meaningful to you because you don't feel like you're fully present with your kids because you're always on your phone. Or maybe because you've just noticed your attention span is getting shorter and shorter!



Body: Choose a workout plan that you enjoy doing — not one you have to suffer through. Your workouts should support your lifestyle. (Need help? Work with a coach!)



Spirit: Choose actions that align with your beliefs — if a meditation group isn't your thing, maybe sitting outside in nature is!

#5

CREATE A SPECIFIC TIMEFRAME WITH A DEADLINE TO HELP CREATE ACCOUNTABILITY.



Mind: "I will cap my time on social media at 30 minutes daily for the next 6 weeks."



Body: "I will exercise for at least 30 minutes, five days a week for the next 4 weeks."



Spirit: "I will attend a meditation group once a week for the next 4 weeks."

Quick Tip:

It works best if you set a 4-6 week timeline and then reevaluate.

YOUR LIFE BALANCE

S.M.A.R.T.

Goal Planner Worksheet

For each goal you're setting, fill in the blanks below.

I will (specific action you will take) (how long/how often) for (time frame).

This goal is relevant, achievable, and meaningful for me because....

Sample:

I will work out for 30 minutes 5 days a week for the next 4 weeks.

This goal is relevant, achievable, and meaningful for me because:

Relevant: I want to feel better and have more energy, and I know working out will help with that.

Achievable: I will work out 3 days a week after work, and then once on the weekend.

Meaningful: I am tired of feeling tired, and am excited to start getting my pep back.

GOAL 1

I will for

This goal is relevant, achievable, and meaningful for me because:

GOAL 2

I will for

This goal is relevant, achievable, and meaningful for me because:

GOAL 3

I will for

This goal is relevant, achievable, and meaningful for me because:

READY TO TAKE YOUR *Next Steps?*

At RIGOROUS Nutrition, our mission is to support and guide you towards your ideal body and best self.

If you're looking for guidance and community to help support your journey, we're here for you.

We also appreciate your support when you use our top quality supplements in your lifestyle.

WAYS TO WORK WITH ME:

21-DAY HABIT CHALLENGE

It all starts with your identity and creating habits that serve you - not sabotage you.

[LEARN MORE HERE](#)

28-DAY TRANSFORMATION

Nutrition and workouts laid out for you step-by-step.

[LEARN MORE HERE](#)

We'd love to be part of your fitness/wellness journey.



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New supplements:

- ALPHA Boost Complex
- Keto-5 FATBURNER
- Ashwagandha
- Sleep Well Gummies
- Mushroom Power Complex
- Divine Mind Nootropic

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