

# ***YOUR 2022***

NEW YEAR'S *goal guide:*



# MY 2022 *Vision*

2022 is officially here and let me tell you... The idea that reaching your health and wellness goals is time consuming, complicated, and expensive is DEAD! I don't know about you, but I'm at a phase in my life where I need a health and fitness routine that's quick, effective, and sustainable.

When I say "quick," I don't mean the 3, 5, or 10 day juice cleanses that leave you feeling hungry and deprived, I'm talking about an actual fitness and nutrition plan that not only helps you reach your goals and sustain them long term, but doesn't consume your *entire* day doing so.

Every day - Get in and get out. Can you relate?

If so, I've got just the program and plan for you! But first, I want to learn more about YOU! I've put together this 2022 goal guide that encapsulates every aspect of your life. Your interests, passions, values, and goals. Because I'll tell you another idea that's dead in 2022 - the idea that health and wellness is all about calories and cardio.

Being healthy isn't just tracking food, working out, and drinking shakes. It's a measurement of happiness, confidence, and doing more of what you love. This goal guide that I've created for you is designed to get you thinking about what really matters to you in your life, what you want to do more of, and what you want to accomplish.

Cheers to 2022, my friend! And cheers to doing what sets your soul on fire!

*Nicole*





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# Life Purpose

## Your Soulful Why

The goal of this portion of the exercise is to create a definition of your soul's goal -- what you've come here to do -- what drives your greatest heart-filled mission. The words don't need to conform to any conditions - it's more about a feeling. We're looking for words that capture your passion in the moment and what pulls you out of bed in the morning!



What are your gifts and talents?

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What do people thank you for?

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Who are the people you love? What things do you want to work for?

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What are the activities you love? What would you love to get paid to do?

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What are the places you love? Where would you want to work?

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What experiences would make your work day amazing?

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What problems in the world do you want to have an impact on?

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What are the top 3 titles or words that best describe you?

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What is the most profound experience that you want others to receive as a result of experiencing your service, work, or ANY interaction with you?

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What is your mission in life? How will you serve others?

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# Your Values

## *The Fabric of Your Soul*

The purpose of this section is to identify your personal values. Your values are deep down and are what your gut instincts tell you if your life is turning out the way you want it to. When the things you do and the way you behave align with your values, life is GREAT -- you're satisfied and content!





What are your top 5 most important memories? The ones you never want to forget and the ones that make you feel the happiest. Write them out below in great detail, remembering the thoughts and feelings you had.

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**2**

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**3**

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**4**

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**5**

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After thinking about these 5 memories, what themes do they have in common? Family? Adventure? Friends? Write the common themes down below.

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What qualities do you need to feel successful? What do you love? What do you hate? I went back to past jobs and things I loved (flexibility and trust) and things I hated (lack of trust or being micromanaged) and this helped me come up with the values that were important and crucial for my success.

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Take your themes and qualities to come up with your 10 most important values. These values are now to be used in any important decision that needs to be made.

**Write your values here:**

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## Overall Fitness Goals for 2022:

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2

3

4

5

## Overall Nutrition Goals for 2022:

1

2

3

4

5

## Overall Self-Care Goals for 2022:

1

2

3

4

5

# The Principles of Goal Setting

*"Whether you think you can or you think you can't... you're right."*  
- Henry Ford

How many times have you been super motivated to reach your goals in the first couple weeks of the month and then you get to the halfway mark and you feel like you've made no progress at all? Yep. Been there. Done that.

What's going to be different about this month? This year? Let me tell you...

That feeling that you have inside right now - the feeling that you want to make a change for the better or want to reach your goals without giving up - it's there for a reason. Take control of it, and run with it!



Here are some of the comments I get all the time:

*"I know the goals I have for myself and my business,  
I just don't know to get there."*

It can be super overwhelming trying to figure out how to build the roadmap to achieving our personal and business goals. The best part is... you don't have to do it alone!

- My DFY {Done For You} materials give you exactly what to post, when to post, and the purpose for posting.
  - Why is this important? You're way more likely to achieve your goals when you're given all the specific tools and knowledge to reach them. Say goodbye to the guessing game, and hello to your 2022 new game plan!
  - Creating engaging content is time consuming. Like, really time consuming. I can save you at least 15 hours/month by writing your social media posts for you. What could you do with 15 extra hours every month?

*"It's so hard to stay motivated and committed  
when no one seems interested in joining me."*

Girl, I feel you. It's hard to keep pushing yourself when you feel like you're not making progress. It's hard to wake up before everyone else in the mornings and push play when everyone else is sleeping in. And it's hard to resist temptation when no one else is making any sacrifices. But you WON'T do it alone, and honestly, you SHOULDN'T do it alone either!

- The power of accountability is incredible. Studies show that you have a 95% chance of reaching a goal if you not only *tell* someone you're committing to it, but if you actually *show up* for an accountability appointment for it. That's where I come in!
  - As your coach, we can schedule weekly or daily check-in "appointments." Don't worry, it can be as simple as a quick text or as extensive as a video call. Our accountability group will always be available 24/7 with other women in your same shoes! Schedule your workouts and meal prep your food. Show up for these things like you would your hair appointment... I'll be making sure you do!



*"I shouldn't pay money for something I don't know if I'll stick to."*

Think back to your past attempts at sticking to a health and fitness routine. What worked? What didn't? Most importantly... were you having fun?

- Do you know why most people don't stick to a health and fitness routine after starting? Because what they're doing isn't bringing them joy. The greatest part about Beachbody on Demand is that no matter how you're feeling on any given day, there's a workout fit for you!
  - Yoga, cardio, dance, running, weight training, HIIT, meditation. If you're feelin' it - we've got it!
  - Access to 2 healthy cooking shows with recipes, called Fixate and The Mindset Menu, workout calendars, and 2 nutrition programs to teach you how to build a healthy relationship with food.
  - One year access. Over 1,500 workouts to choose from PLUS any new programs added throughout the year. \$99 a year. \$8.25 a month - that's it! \$8.25 a month to help you live a healthy lifestyle that brings you JOY! Your happiness is worth every penny of that and MORE, my dear!

When you reflect on any normal day in your life, what makes you feel like you won the day? For me:

- *Getting a workout in.*
- *Getting my shake in.*

A lot of days my schedule feels so jam-packed that if I don't accomplish anything else besides those 2 things, I can still call it a win for the day. Of course I get my happy endorphins flowing when I get my body moving, but what really gives me lasting energy, nutrients, vitamins, and minerals for my body is my shake!

- Prebiotics, Probiotics, Antioxidants, Digestive Enzymes, Fiber, and even Adaptogens
  - Which in turn gives me better gut health, hair, skin, nails, and self control.
- One less meal I have to plan and prep for
  - The most nutritious and quickest meal of my day!

- Delicious
  - No, seriously. DELICIOUS! I can look you in the eye and honestly tell you I've tried nearly every protein powder on the market. There is nothing that compares to the taste of my shake. I'll even eat it as my dessert every once in a while!
- 30-Day Money Back Guarantee
  - If you aren't happy with your results or how you feel after drinking Shakeology, Beachbody offers a 30-day money back guarantee even if you return the bag totally empty - You just pay shipping!
- 30 meals for \$130. That's less than \$4.50 a meal!
  - I'm not trying to call you out but I know you paid more than \$5 for your Starbucks frappuccino you had last week, girlfriend!
  - And I *definitely* know you spent more money in the drive thru getting your lunch, too!

*"I feel like it all just seems really expensive."*

I see you. And I *feel* you, too. I'll ask you the same thing that I ask myself all the time - Why do you feel guilty for spending money on your health? I don't want to get all dramatic on you, but let me put it into perspective for you:

- You know what's more expensive?
  - Not feeling like your best self every day.
  - Not having the energy to play with your kids.
  - Not being able to get through the day without needing a nap.
  - Feeling stressed.
  - Feeling anxious.
- You know why that's more expensive? Because it takes up your valuable TIME - Time that you could spend feeling good about yourself, having the energy to keep up with your kids, feeling productive, and managing your stress appropriately.
- Time is the most expensive thing we have as humans. So don't waste it feeling less than your best.

# The Wheel of Life

## *Soul Fulfillment*

The Wheel of Life contains eight sections that together, represent one way of describing a whole life. I've created this checklist to help you identify your level of satisfaction in these areas from month to month. You'll go through each category and rate your current level of satisfaction in each area. 0 means unsatisfied, 10 means highly satisfied.

Be sure to go back and reflect on each month's progress. It's undeniable that people who can see their own progress being made, feel good about themselves. And when you feel good about yourself, you're seriously unstoppable!

Circle the number you would like to rate your current level of satisfaction in each category. Below that category, include one small step you can take this month to get closer and closer to that 10/10!



# January

## ENVIRONMENT

1	2	3	4	5	6	7	8	9	10
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(one small step you can take this month to get closer and closer to that 10/10!)

## FRIENDS & FAMILY

1	2	3	4	5	6	7	8	9	10
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(one small step you can take this month to get closer and closer to that 10/10!)

## FUN / RECREATION

1	2	3	4	5	6	7	8	9	10
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(one small step you can take this month to get closer and closer to that 10/10!)

## HEALTH

1	2	3	4	5	6	7	8	9	10
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(one small step you can take this month to get closer and closer to that 10/10!)

## CAREER

1	2	3	4	5	6	7	8	9	10
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(one small step you can take this month to get closer and closer to that 10/10!)

## PERSONAL GROWTH

1	2	3	4	5	6	7	8	9	10
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(one small step you can take this month to get closer and closer to that 10/10!)

## MONEY

1	2	3	4	5	6	7	8	9	10
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(one small step you can take this month to get closer and closer to that 10/10!)

## SIGNIFICANT OTHER / ROMANCE

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(one small step you can take this month to get closer and closer to that 10/10!)

# February

## ENVIRONMENT

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FRIENDS & FAMILY

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FUN / RECREATION

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## HEALTH

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# March

## ENVIRONMENT

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## FRIENDS & FAMILY

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# April

## ENVIRONMENT

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FRIENDS & FAMILY

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FUN / RECREATION

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*(one small step you can take this month to get closer and closer to that 10/10!)*

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# May

## ENVIRONMENT

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## FUN / RECREATION

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## MONEY

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# June

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## FRIENDS & FAMILY

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# July

## ENVIRONMENT

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FRIENDS & FAMILY

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# August

## ENVIRONMENT

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## FRIENDS & FAMILY

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# September

## ENVIRONMENT

1	2	3	4	5	6	7	8	9	10
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## FRIENDS & FAMILY

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(one small step you can take this month to get closer and closer to that 10/10!)

## FUN / RECREATION

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## HEALTH

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## PERSONAL GROWTH

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## MONEY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## SIGNIFICANT OTHER / ROMANCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

# October

## ENVIRONMENT

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FRIENDS & FAMILY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FUN / RECREATION

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## HEALTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## CAREER

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## PERSONAL GROWTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## MONEY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## SIGNIFICANT OTHER / ROMANCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

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*(one small step you can take this month to get closer and closer to that 10/10!)*

# November

## ENVIRONMENT

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

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*(one small step you can take this month to get closer and closer to that 10/10!)*

## FRIENDS & FAMILY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## FUN / RECREATION

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## HEALTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## CAREER

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## PERSONAL GROWTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## MONEY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

---

*(one small step you can take this month to get closer and closer to that 10/10!)*

## SIGNIFICANT OTHER / ROMANCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

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*(one small step you can take this month to get closer and closer to that 10/10!)*

# December

## ENVIRONMENT

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## FRIENDS & FAMILY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## FUN / RECREATION

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## HEALTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## CAREER

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## PERSONAL GROWTH

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## MONEY

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

## SIGNIFICANT OTHER / ROMANCE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

(one small step you can take this month to get closer and closer to that 10/10!)

# Achieving Your Goals the SMART Way

## S - Specific

- Your goal has to be on point! Simply saying, “lose weight” just isn’t going to cut it, honey. Once you know this specific goal, write it down every single day!

## M - Measurable

- How are you going to tell that you’re making progress? This step is so important. There are going to be days where you don’t want to keep working. You’re going to want to look at how far you’ve come, in order to keep you going!

## A - Achievable

- Losing 20 pounds in 10 days just isn’t feasible. And eating clean 100% of the time, well... isn’t much fun! Give yourself some grace and make sure what you’re working for is actually attainable.

## R - Relevant

- Are you setting this goal for you? Everything you work for should be aligned with what you believe, value, and want for yourself in order to live your best life.

## T - Time-Bound

- Where do you want to be in 3 weeks? 30 days? 3 months? Although our goal is to create a healthy lifestyle that’s sustainable, it’s a good idea to set small goals along the way to keep you in check and measure your progress!

# My 2022 Vision Board

*Add photos of what you want to  
accomplish this year on this  
page!*



# Let's Get Started!

## Become a challenger!

- If you're ready to get started on your goals AND 2022, send me an email at [nicole@popefitness.com](mailto:nicole@popefitness.com) with the subject line: I'm ready!

What next?

- We'll chat about your vision, goals, and what you hope to achieve as a challenger. We'll narrow down on the specifics and get you set up with the perfect plan for you.
- I'll add you to my January accountability group!
- We'll create a time for check-ins so I can support you in any way you need!

## You can also...

### Join my team!

If you're ready to get started with me this year, send me an email at [nicole@popefitness.com](mailto:nicole@popefitness.com) with the subject line: I'm ready for more!

What next?

- We'll chat about your business goals and what kind of coach you want to be
  - Discount?
  - Hobby?
  - Full time
- I'll add you to my exclusive team's Facebook group and get you acquainted with the rest of my tribe. Trust me, you'll fit right in!
- We'll get you set up with the perfect coach trainings to get your business started on the right foot and helping as many people as you can!
  - Don't worry about a time crunch - the beauty of being your own boss is working when, where, and how much you want!

Are you  
ready?  
Decide which  
option is best  
for you!



## ARE YOU READY TO TAKE ON YOUR HEALTH AND FITNESS GOALS?

