

# 360 Health Success Self-Assessment

Let's write our ONE Goal down and place it somewhere where we can see it.

## What is the ONE aspect of Health you wish to improve?

Write this out in full and describe it.

We need to be clear and honest about where we are.

Only with clarity can we set a target.

## Where are you today?

Remember to include a measurement.

## What do you want to achieve?

Describe what you want, why you want it and how you will feel once you achieve it.

## What is your timescale?

Be realistic, but make it within the next 2-3 weeks

## How determined are you to achieve this?

Write yourself a motivational note. Something you can repeat each day to keep you on track.

I use the following Mantra on a daily basis  
“I LOVE myself - I LOVE my life - I LOVE today”

