

FREE 5-DAY HEAL YOUR GUT C H A L L E N G E

DAY 2: DEFINE YOUR HEALTH GOAL

Starting a healing journey without a clear goal is like heading out on a road trip without a destination. You'll likely end up somewhere, but is it really where you wanted to go?

Health looks different for everyone. It's time to redefine what health means for you.

Today you'll learn the power of getting specific and gaining clarity so that you can rest assured that you'll know exactly what to do in order to reach your destination.

Day 2 Assignment: Please follow the prompts and answer the following questions.

1. What do you want?

Most people tend to limit themselves to what they THINK they can achieve, rather than what they truly want. We set limits based on our previous experiences and what we've been told.

But I want you to let that go for just a minute. **What do you truly want?** And don't just write in terms of your health. **Write about anything you want in your life!**

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2 Now let's go a bit further. Write what you think you **DESERVE**.

What you want and what you think you deserve can be completely different.

3 If you could wave a magic wand, and have everything you wrote down in Questions 1 and 2, what would all this give you?

Meaning, how would you feel as a result of having all these things? What would your life look like now?

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- 4 Why do you want to heal your gut? Better yet, **WHY** did you sign up for this challenge?

What did you believe it could give you by signing up?

- 5 Imagine your health journey as a scale from 1-10.

1 is where you **DON'T** want to go and 10 is where you **WANT** to go. **Where** would you rank yourself today?

Remember, there's no right or wrong answer and no overthinking. Just circle a number on the scale below.



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6 What is ONE single process goal you will focus on this week that will move you in the direction of what you want? Process goals are not only specific, but binary, meaning you either did it or you did not do it.

- a. Rather than saying you'll exercise everyday, for example, be specific. How long will you exercise each day? What type of exercise will you do? Be sure to choose something you enjoy.
- b. Binary means you can ask yourself "did I do it?" and the answer is a simple yes or no.

7 What might get in your way? What might prevent you from taking action on the goal you've written above?

Create a backup plan that will allow you to plan ahead and prepare for what might get in your way.

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- 8 On a scale of 1-10, how confident are you that you'll execute this action today, and the rest of the week in order to achieve your weekly goal? Circle a number below.

If your answer is not at least an 8, then you need to create a new plan of action, or change your goal to a different process goal that you feel more confident about executing. It's okay to change your goal, remember there's no right or wrong.

By doing so, you become self aware of what's actually best for you.



After completing this workbook, head to the [DAY 2 ACCOUNTABILITY POST](#) in our Heal Your Gut Facebook group.

Refer back to Question 5 in this workbook, and comment on the post and let us know which number you circled to represent where you currently are on your healing journey.

Then share what specifically will help you move up on that scale, closer to where you want to be. And how you will know when you hit "10".