

# Goal Sheet Guide

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**Shrink Your Body, Grow Your Mind**



## **What Is Your Mantra**

**A word or sound repeated to aid concentration in meditation.**

**A statement or slogan repeated frequently.**

**This is an important tool to stay on track. Read it, every day. Print it, screenshot it. Make it your go-to focus. You can even pick 1 word to remind you of that mantra. Whatever works best for you.**

**What is your mantra?**



# ENERGY

The strength and vitality required for sustained physical or mental activity.

How is your energy?

POOR 1 2 3 4 5 6 7 8 9 10 EXTRAORDINARY

What do you need to do to recalibrate your energy, focus and happiness?

<p>👍 What Is Feeding Your Energy? 👍</p>	<p>👎 What Is Draining Your Energy? 👎</p>
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## **EXCUSES**

**Attempt to lessen the blame attaching to (a fault or offense); seek to defend or justify.**

**List your top 3 excuses you use to say FUCK IT.**

**Will your mantra play a role in stopping your excuses? If not, maybe you need to re-evaluate your mantra.**

**Now, next to each excuse, what can you do to change the outcome?**



# GOALS

The object of a person's ambition or effort; an aim or desired result.

## YOUR BIG 5

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

## 3 Month Goals

## 6 Month Goals

## 9 Month Goal



# NOTES