



POWER 9[®] Goal Setting Individual Plan

Set goals that help you to live a longer, healthier life!

Strategic Alignment <i>List 2 personal goals related to your health and well-being.</i>
1. 2.
Power 9 <i>Select the Power 9 behaviors you would like to focus on and integrate into your daily life. The behavior you select should help you to achieve the above-stated goals.</i>
<input type="checkbox"/> Move Naturally <input type="checkbox"/> 80% Rule <input type="checkbox"/> Right Tribe <input type="checkbox"/> Downshift <input type="checkbox"/> Plant Slant <input type="checkbox"/> Community <input type="checkbox"/> Purpose <input type="checkbox"/> Friends @ 5 <input type="checkbox"/> Loved Ones First
Plan <i>List strategies that will help you to integrate the above Power 9 behaviors into your daily life. What should you stop or start doing?</i>
1. 2. 3. 4. 5.
Next Steps <i>What resources will help you to achieve your goals?</i>