

## **DAY 2 — THE VISION: WHAT, WHY & WHEN**

### **BIG IDEA**

If you don't know where you're going, you'll drift. Today you'll define what you want, why it matters, and when you want it by.

### **QUICK RECAP**

- Vague goals (“lose a bit of weight”) don't stick.
- Motivation fades — but clarity keeps you moving.
- SMART goals give you direction you can actually follow.

### **A) DEFINE YOUR WHAT, WHY, WHEN**

#### **1. What do you want?** (Be specific)

**Example:** “I want to lose 10 lbs,” or “I want to walk upstairs without getting out of breath.”

#### **2. Why does it matter?** (Look beyond appearance — focus on energy, freedom, confidence, health span)

**Example:** “So I can feel proud in photos,” “So I can play with my kids without pain.”

#### **3. When do you want to achieve it?** (Pick a realistic timeframe, not fantasy-land)

**Example:** “In the next 8 weeks,” “By my next birthday.”

## **B) CREATE ONE SMART GOAL**

SMART =

- Specific – What exactly do you want?
- Measurable – How will you track it?
- Achievable – Can you realistically do it right now?
- Relevant – Does it connect to your Why?
- Time-bound – When will you know you’ve made progress?

**Example:**

“I will lose 10 lbs in 8 weeks by walking 5 days a week and eating protein with every meal.”

**Your SMART Goal:**

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## **C) VISION-CASTING EXERCISE — “FUTURE YOU”**

Close your eyes and picture yourself 3–6 months from now if you stick with this. Then complete this short exercise:

- I wake up in the morning and feel: \_\_\_\_\_
- My body now allows me to: \_\_\_\_\_
- The biggest change my family/friends notice is: \_\_\_\_\_
- I’m proud because: \_\_\_\_\_

*Write this as if it’s already true. Speak from Future You.*

## **D) REFLECTION PROMPTS**

- What excites me most about this vision?
- What one habit would make the biggest difference?
- What would Future Me thank Present Me for starting today?

Answer Below:

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## **E) PRO TIP**

Don't wait for "perfect" motivation. Write your vision, set your goal, and let action create clarity.

## **F) ACCOUNTABILITY STEP**

👉 Post your SMART goal or a line from your "Future You" vision in the Telegram group today.