Break the self-last cycle

The Values Blueprint

Why are we doing this?

Your health keeps losing to everything else. Not because you don't care. Not because you're lazy. But because it's never been connected to what you actually value most.

You care about your kids. Your business. Your people. Your health? That's competing with all of it.

Here's the shift: Your health isn't separate from those things. It's the foundation for all of them.

A parent with more energy shows up differently.
A business owner who sleeps better thinks sharper.
A partner who feels good in their body is more present.

The problem is, you've never connected the dots.

This worksheet does that. We're peeling back the layers. From surface goal all the way to who actually benefits - so you can see exactly why protecting your health isn't selfish. It's how you show up better for everyone.

The Onion Method

Your goals aren't just for you. They're for everyone & everything you care about.
Peel back the layers like an onion. Connect your health to what matters to you.

Layer 1 - Surface Goal

What do you want to achieve?
Example: weight loss, more energy, better sleep

Layer 2 - Specifics

What specifically? (numbers, sizes, frequency)
Example: lose 10kg, have energy at 3pm, sleep 7+ hours

Layer 3 - What Does It Unlock

What will this make possible? (how you feel, how you show up)
Example: better mood at work, confidence in photos, less irritability

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Layer 4 - Who Benefits

How does this benefit the people/things you care about?

Examples

Parent: More energy at 3pm → more patience with kids → better evenings together
Career-focused: Better sleep → sharper thinking → lead projects better
Partner: Less stressed about body → more presence and connection

Protecting Your Commitment

Tip 1: Schedule it like a doctor's appointment. Non-negotiable.

Tip 2: Rate your capacity 0-100%. If you're at 30%, what does a 30% version look like? A walk. A shortened session. A stretch.

Tip 3: Hard now = reward later. A tough workout today means better energy, mood, and presence for the people you care about tomorrow. The more you show up on those hard times, the more it becomes a part of who you are.

My 2-Week Commitment

My commitment:

(Tie this back to your values. Example: "3 workouts per week so I have energy for my kids" or "Protect my sleep routine to show up sharper at work")

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Who this serves:

_____

What's at stake if I don't protect this:

_____

Print this. Use it.

And I BEG you, don't put it away somewhere that you'll never see again.

Stick it somewhere you'll see it every day - your fridge, your desk, your office.

Make it real.