

Name _____

Date _____

MARCHING ORDERS

Health in Balance Problem Solving Process

SITUATION- *What is...* Where are my main current challenges? Focus on health. (This can also be applied to other areas of your life family, work, finances, relationships, spiritual life, etc.)

GOAL- *What could be...* What do I really want it to be? What would it look like if I were healthy, active, energetic, and pain free? Picture myself there. Give some specific examples.

MOTIVATION- *My why...* Why is this valuable to me? What will my quality of life be 5-10 years from now if I don't do something about it?

OBSTACLES- *My Hesitations...* What is holding me back from moving forward and fixing the problem? Time, money, behavioral habits, lack of motivation, unsure of solution... etc.

ROOT CAUSES- *Causes of my health issue...* What could be some underlying causes beneath the symptoms? An initial examination process and other diagnostic testing, if needed, would provide a diagnosis.

MARCHING ORDERS- *Action steps to overcome obstacles and achieve my goals...* What, how, who and when? What steps will I take to bridge the gap between your current situation and where I want to be?

What and How	Who- You? Others needed to help?	When
1)		
2)		
3)		
4)		
5)		
6)		
7)		

* Use the GutenTag method to help organize your day and implement these action steps into each day.

As you take action, engage in these steps until you reach your goal:

MEASURE RESULTS- *Reflect and Assess...* Am I making progress towards my goal? How effective are my action steps? Is there anything I can do to be more effective in reaching my goal?

CHANGE STRATEGY AS NEEDED- Determine what is working and what is not, and make changes accordingly.

TAKE ACTION AGAIN- Re-engage with a refined plan of action.

REPEAT- Repeat this process of measuring results and refining my strategy along the way until I reach my goal.

VICTORY!! – I have reached my goal! Enjoying the fruit of my labor! It’s time to maintain it and focus on the next area to improve.

Declarative Statement

What is my resolve and commitment that I am making right now?

Who am I accountable to? _____