

# Weekly Homework Assignments

Each week we assign “homework” to round out your body, mind and spirit. We look at life goals, as **opposed to just “weight” goals, to integrate the diet with an improved lifestyle.**

## **Week 1 Goals**

We set short and long term goals in 5 areas: Family, Spirituality, Physical Well Being, Education and Finances

## **Week 2 Self Identification**

Rate yourself in 16 categories on a scale of 10 (perfect) to 1 (abysmal) in sixteen different life categories. Return to this and repeat the exercise every 4-8 weeks to track your progress and changed in your life. What makes the 10's 10's and the 1's 1's? How can we use what we are doing right (7-10) to improve what needs improving (1-6)?

## **Week 3 What Did You Do To Make Your Life Great?**

Pretend it is six months in the future. Describe your actions that resulted in your new found state of contentment?

Pretend it is New Year's Eve 5 years in the future. What actions resulted in your new found state of contentment?

## **Week 4: What actions will you take in the next week, next month, and next year, to achieve your goals?**

Specifically outline a plan of action for the the next week, month, and year to achieve your goals.

## **Week 5: The Bucket List**

What do you want to experience before moving on to another dimension.

## **Week 6 : Sit Right Down and Write Yourself a Letter**

Write a letter to yourself. Outline your goals, and how you proposed to achieve them. Re do the Self Identification quiz. How this changed? What has improved? What has regressed? Address and stamp an envelope to yourself. Place it in a prominent location. Male it to yourself in 6 months.

## **Week 7: Sit Right Down and Write Yourself a Another Letter**

Repeat Week 6's assignment but use five years out as the time frame for review.

**Week 8: Review Your Goals From Week 1.**

Make new goals for the next 8 week cycle.

Identify 2 Actions You Have Learned to Support Others

Identify three new patterns that will help you stay on track and continue reaching your goals.

**Each week we discuss, ongoing diet, exercise, medications and the use of supplements.**

CMG Medical Steps to Wellness  
Week 1  
Goals

Family/Relationship	Acton Steps
1.	
2.	
3.	

Spir it ual

Action Steps

3.

Physical/Nutrition

Action Steps

1.

2.

3

Education	Action Steps
1..	
2.	
3	

Financial	Action Steps
1.	
2.	
3.	

# Week 2

## Self Awareness (On a scale of 1 (terrible to 10 (perfect))

Category	Start	Week 4	Week 8	Week 12
Diet				
Exercise				
Life Plan				
Love of Work				
Romance				
Finishing What You Start				
Children				
Family				
Financial Planning				
Music, Dance, Art				
Hobbies				
Adventure				
Risk				
Down Time				
Giving Back				
Gratitude				

LHI Total
Weight
BMI
Heart Rate
BP

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## Week 3

## The Big Question

If we are to meet back in 6 months/or 5 years what would have to happen in your life to make you feel great?

[illegible]

**CMG Medical Steps to Wellness**  
**Week 4**  
**Goals For The Next Week, Month, Year**

Family/Relationship	Action Steps
1 This year I will...	
2. This month I will...	
3.This week I will...	

**Spiritual /Contribution**

1. This year I will...
- 2.This Month I will...
- 3.This Week I Will...

**Action Steps**

**Health/Physical/Nutrition**

**Action Steps**

1.This year I will....

2.This month I will...

3 This week I will....

Intellectual/Educational	Action Steps
1.This Year I will....	
2.This Month I will...	
3.This Week I will....	

Financial	Action Steps
1.This year I will....	
2.This month I will....	
3.This week I will....	

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# Week 5

### *Bucket List*

**What do you want to experience before you pass to the next Life Plain?**

1	21
2	22
3	23
4	24
5	25
6	26
7	27
8	28
9	29
10	30
11	31
12	32
13	33
14	34
15	35
16	36
17	37
18	38
19	39
20	40

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**Week 6**

**6 Month Vision**

**Write a letter to yourself. How have the parts on your Life Happiness Scale Changed? What do they look like now? Address an Envelope and Email or Send It With Our Office. We will return it to you in 6 months.**

## Week 7

### 5 Year Vision

**Write a letter to yourself. How have the parts on your Life Happiness Scale Changed? What do they look like now? Address an Envelope and Place It in A Safe Place. Review it in 5 Years to Compare Your Desires With Your Reality.**

### Action Steps

1. Review Your Goals from Week 1
  - 5 Things you can do between now next week to move you forward
    - 1.
    - 2.
    - 3.
    - 4.
    - 5.
2. Identify 2 Actions That Hold You Back and Write Them Down
  - 1.
  - 2.
3. Identify Two New Patterns That Will Help You Reach Your Goal
  - 1.
  - 2.

**Keep this Action list handy and review it daily.**

## **CMG Medical Steps to Wellness**

# **Week 8**

## **Action Steps**

1. It Doesn't End Here. Write Down 5 Things New Goals to Pursue in the next 8 weeks

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

2. Identify 2 Actions You Have Learned to Support Others

- 1.
- 2.

3. Identify Three New Patterns That Will Help You Stay on Track and Continue Reaching Your Goals

- 1.
- 2.
- 3.

**Keep this Action list handy forever and review it often**