



**BENJAMIN LEE**  
Certified Health & Wellness Coach

**1. Write out “WHY” you have decided to make a change.**

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**2. Who will you allow to help hold you accountable?**

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**3. What is it that you want to accomplish? Be specific.**

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**4. How will you go about accomplishing this goal? Be specific.**

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**5. When will you accomplish this goal? Be specific.**

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