

## My Goals Worksheet

It's good to know what you want from your Herbalife business. This is important because identifying your goals is the first step to achieving them. Identifying your goals will also allow you, with the help of your Sponsor, put together an action plan for how you will reach those goals.

# Goals + Action Plan = Success

To help you identify your goals, try answering these questions:

### Identify Your "Why"

Why did you decide to start your Herbalife business?

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### Wellness Goals

How would you like to feel each day? Do you have the energy you need every day? What would you like to change in terms of your personal wellness and daily nutrition?

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### Lifestyle Goals

What changes would you like to make to your life? Do you want to reduce financial stress, spend more time with family, save for a home?

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### Business Goals

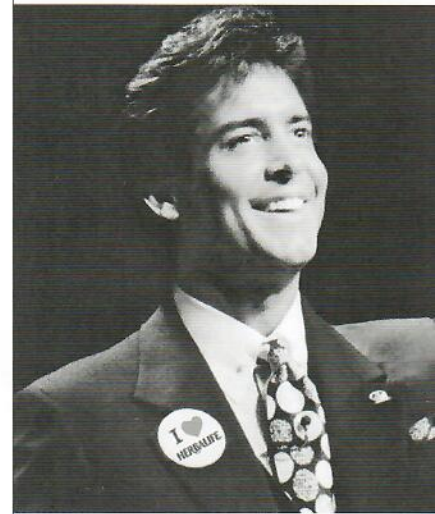
What do you want from your Herbalife business? What are your income goals? What do you want to achieve?

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How quickly do you want to meet your goals? With Herbalife, you can choose your pace. More effort can help you reach your goals faster.

My Commitment to My Business Goals	Now	1 month	6 months	1 year
How many hours can you work for your business each week?				
How much do you want to make each week?				
How much income do you (or your family) need?				

Review your business goals with your Sponsor. Together, you will determine an action plan that best aligns with your goals.



"You can conquer anything in your life if you want to, if you just keep on working on yourself."

– Mark Hughes  
(1956–2000)  
Herbalife Founder  
and First Member