

PERSONOMICS 12WY GOAL SETTING

One Theme. One Outcome. One Habit.

1

12-Week Theme (Choose ONE)

What is the single dominant focus for the next 12 weeks?

Theme: _____

Examples:

- ☼ Rebuild energy
- ☼ Lose weight & boost metabolism
- ☼ Get IHP Certified as a Health Coach
- ☼ Rebalance hormones
- ☼ Improve sleep & recovery

2

Outcome Goal (Non-Negotiable)

What must be objectively true at the end of 12 weeks for this cycle to be a win?

Outcome (specific & measurable):

Why this matters right now:



3 Keystone Habit (Daily or Weekly)

What is the ONE habit that makes everything else easier?

Habit: _____

Frequency: ☐ Daily ☐ 3–5×/week ☐ Weekly

Minimum standard (no zero days):

4 Constraint Removal

What is the biggest bottleneck slowing progress right now?

Habit: _____

Constraint to eliminate or reduce:

Action to remove it:

5 Weekly Execution Plan (Repeat Each Week)

Only list actions that directly support the Theme, Outcome, Habit, or Constraint.

Weekly Big 3:

1. _____

2. _____

3. _____



6

Weekly Review (5 Minutes)

☼ Did I execute the plan? ☐ Yes ☐ No

☼ What moved the needle most?

☼ What needs to be simplified or removed?

7

Energy Protection Rules

Execution fails when energy fails.

Non-negotiables for this 12-week cycle:

☼ **Sleep target:** _____

☼ **Training / movement baseline:** _____

☼ **Recovery or white space:** _____

8

End-of-Cycle Definition of Success

Winning means finishing stronger than you started.

At the end of 12 weeks, I will know this worked because:

