

A person is shown from the side, sitting in a meditative pose on a beach of pebbles. The background is a bright, golden sunset over the ocean. The person's hands are in a mudra position, resting on their knees. The overall mood is peaceful and serene.

The 3 Goals That Really Matter

Wellness Wednesday Workshop
with Vicki Wiepking



Be. Here. Now.

~~Phones~~
~~Email~~
~~Distractions~~

Have you
been
focusing on
the RIGHT
goals?



They're not
what you think
they are!!





The 3 Goals that Really Matter

1. Health

- ✓ Water
- ✓ Nourishment
- ✓ Sleep
- ✓ Exercise



The 3 Goals that Really Matter

2. **Wealth**

- Finances
- Knowledge
- Maintenance
- Generosity



The 3 Goals that Really Matter

3. Happiness

- Stress-relief
- Family and social activity
- Recreation and fun in nature
- Make a difference



The 3 Goals that Really Matter

Create Goals with Purpose

1 – health goals

purpose – to keep up with my kids at Disneyland

strategy – walk 10,000 steps per day and take vitamins

2 – wealth goals

purpose – to afford the Disneyland vacation

strategy – save \$500 per month by not going out to eat

3 – happiness goals

purpose – to be relaxed and present when I go to Disneyland

strategy – learn to enjoy the little moments and turn off distractions



The 3 Goals that Really Matter

1. **Gratitude for your Health**

- Show appreciation for your body in whatever state it is in
- Be thankful you can walk/run/ride a bike/get out of bed
- Know that you can get healthier today

2. **Gratitude for your Wealth**

- Be thankful for what you have right now no matter how much or little
- Be thankful for what the universe is going to give you in the future
- Know that it is more than just money

3. **Gratitude for your Happiness**

- Tap into your happiness vibe with tools and techniques
- Share your happiness about the present moment – drop the judgment or “should”
- Know that you are responsible for your own state of being

A person is shown from the side, sitting in a meditative pose on a beach. Their hands are resting on their knees in a mudra. The background is a bright, golden sunset over the ocean, with the sun low on the horizon. The overall mood is peaceful and serene.

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