

GOAL SETTING GUIDE



Goals: the desire for change and why people give up

The devil whispered in my ear, 'you're not strong enough to withstand the storm'.

Today I whispered in the devil's ear 'I AM THE STORM.'"

You are here because you are ready for change. You can do this. You have to want it and you have to believe you deserve it. Why you? Why NOT you?

So what are YOUR goals? Choose just a few goals, don't cloud your progress by spreading your focus too thin). Select goals that are meaningful to you & write down why. So that when you read them you say to yourself "I must do this".

Follow the S.M.A.R.T. method:

☐ SPECIFIC (clear & well defined)

☐ MEASURABLE (precise dates & amounts--although we recommend you NOT focus on a scale weight. Instead focus on measurements, a pair of pants you want to wear, set a new personal record on consistent exercise or hitting macros)

☐ ATTAINABLE (goals that are realistic and still challenging)

☐ RELEVANT (goals that reflect the direction you want to go in life)

☐ TIME BOUND (set a deadline so achieving the goal isn't put off indefinitely)

Accountability is also a huge asset in achieving goals and we are here to support you in that. But be accountable to yourself also.

Start brainstorming on what types of adjustments you can make to your daily routines so that every day you are working towards your goals. You don't have to have all the answers, you don't have to figure everything out right now. You can start small. Make yourself & your goals a priority. Continue thinking about your goals & take action toward them whenever you can & in whatever ways you can. Work on your goals in a spirit peace & faith.

Be patient. Change is a process. Forgive yourself. Breathe. Take it day by day. You're strong. You can do this.

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"Keep your eyes on the stars and your feet on the ground"
Teddy Roosevelt

EXAMPLE GOALS :

- Consistently hitting macros
- 10 minutes of intense activity every day
- Getting 8 hours of sleep
- Resting when you're tired
- Drinking 64oz water
- Daily practice of meditation, prayer or gratitude practice
- Fitting into favorite jeans

Dreams and goals motivate us, but it is ACTION that change them from ideas to realities.

WHY PEOPLE GIVE UP:

- Expect fast results
- Stop believing in themselves
- Get stuck in the past
- Dwell on mistakes
- Fear the future
- Resist change
- Believe in their weaknesses
- See failure as a sign to turn back
- Feel sorry for themselves
- Feel the world owes them
- Fear failure more than they desire success
- Never visualize what is possible
- Feel they have something to lose
- Overwork

GOAL SETTING WORKSHEET

trust your instincts and insights and have courage to write them all down



WHAT'S THE BIG PICTURE (MY BIG GOAL)

WHY DO I WANT TO ACHIEVE THIS GOAL

WHAT OBSTACLES MIGHT I HAVE TO OVERCOME

MY SUPPORTING GOALS ARE

GOAL COMPLETION DATE (BE REALISTIC)