

ACHIEVING YOUR GOALS

THE SIMPLIFIED GUIDE





ACHIEVING YOUR GOALS.

This worksheet is a chance for you to prioritize your goals. Below we'll go over some goal setting strategies to make sure that you stay motivated and reach your goals.

HOW TO ACHIEVE YOUR GOALS

In order to achieve your goals, you need 2 things:

1. Effective Process
2. Consistency

That's it. While it's obviously important to have a program that works (Effective Process), the reason MOST people fail is not because the program doesn't work, but rather because they lose motivation or get distracted by other priorities.

If we can remain focused on our goal and WHY we are doing it for a sustained period of time, we WILL make major progress. (Not to mention how much easier it becomes to stick to your plan after a few weeks of establishing the habit!) The problem is, most of us don't stay focused!

The goal setting exercise below will help you get focused and STAY focused.

THE MAGIC OF 90 DAYS OF FOCUS

At just under 13 weeks, 90 days (3 months) is *enough* time to accomplish large amounts of progress, while still being short enough to prevent us from feeling trapped or like we'll never get a chance to work on the many other goals we have.

It also gives us a chance to re-assess our goals and priorities on a regular basis and change them as our lives require. Once you set a 90-day goal, stick with it, put your head down and GET. TO. WORK. Do not go back to analyzing your goals until you have COMPLETED your 90-day focus.

DEFINING YOUR #1 PRIORITY GOAL

So now it's time to identify your goal. What is your #1 priority goal for the next 90 days? What do you want to achieve? When you write it down, make your goal specific and measurable in some way. Be sure to keep it big enough that it's motivating, but realistic enough that you believe you can achieve it. **It is CRITICAL that you believe you can achieve it.**

Brainstorming Ideas: _____

#1 PRIMARY GOAL: _____



YOUR MOTIVATIONAL GOAL CARD

INSTRUCTIONS

The purpose of this exercise is to capture your motivation and drive to succeed in a 3x5 note card so that you can review it whenever you are feeling discouraged or unmotivated.

Motivation doesn't work if you don't BELIEVE you have what it takes to get to your goal.

In order to succeed it is critical that you accept the belief that with enough hard work and perseverance you will reach your goal and that the ONLY thing that can stop you from reaching your goal is giving up. If you adopt this mindset, in 5 years it won't matter how many setbacks you've had. You'll be at your goal.

All that will matter is whether you stuck with it or not.

For each of these steps, try to make it as visual and emotional as possible. We tend to act more on something we can actually imagine and something emotional, rather than something ambiguous, unemotional and in the far off future.

STEP 1. SET YOUR GOALS:

The first step in creating your motivational goal card is to set your goals.

There are two parts to this. You need to determine your *end-results goal* as well as the process goals that tell you *HOW* to get there.

Your end-results goal should describe the result you are going for. This will be one of your sources of motivation. Since this is a results-based goal, this is not necessarily under your control. This goal should be used to evaluate the effectiveness of your process goal.

Your process goals are the actions you are taking to reach your end-results goal. These are actions that are 100% under your control and things that you can monitor on a week-to-week basis.

As an example, let's say your end-results goal is to lose 20lbs in the next 12 weeks. Your process goals might be cutting out soda or reducing alcohol, working out 3x/week and replacing processed foods with veggies and increased protein consumption.

These goals should be specific, realistic but reaching, and actionable.

TAKING ACTION:

Take a cue card or folded piece of paper and write down your #1 priority goal that you identified above along with 2 or 3 **specific** action steps to reach your goal. (i.e. "exercise 30 minutes per day", "eat at least 2 cups of vegetables per day", etc.)



STEP 2. IDENTIFY YOUR WHY MOTIVATORS

Next you need to identify your “why” motivators. This is THE most important step! These are the things that will keep you going when you want to quit and will bring back motivation when you’re feeling discouraged in the moment.

So often our motivation falls off because we forget WHY we are doing what we are doing.

We’re focused on what we can and can’t do, but not WHY we are doing it!

If you can reconnect to your why and your why is still relevant to you, your motivation will be back in an instant.

Write your why's in VISUAL and EMOTIONAL language. When you read these goals they should get you AMPED UP!! You want reading this card to have the ability to bring you motivation back to the same level as where you are now.

When you come up with a why, keep asking yourself ‘why?’ until you get down to your core motivation. (i.e. “to be more confident” or “to be able to keep up with my kids/grandkids.”)

If you can, even try to make your why’s a little bit funny or fun (i.e. “make my spouse do a double take when I walk by” or “Have ninja turtle shell abs”)

When you read the card you should feel like you are overflowing with motivation and excitement. It should be worded in such a way that it provides a strong desire for change **EVERY** time you read it.

Stack as *many* why’s on top of each other as you can.

Some examples might be:

- Feeling more energetic and resilient to everything life throws at you
- Having confidence in yourself and how you look
- Being able to run and play and keep up with your kids or grandkids and not being afraid of getting hurt
- Getting back to not feeling like a slave to junk food and cravings!

Whatever it is that matters to you and motivates you to go after this goal write it down.

Lastly you can put your negative consequences on the card. Think “If I don’t do this, [blank] will happen.” For whatever reason we take more action to avoid something negative than we will to get something positive. This part provides that spark to action. (i.e. “If I don’t get in shape now, I’ll probably keep procrastinating and end up being in and out of the hospital in my 60s because I didn’t take care of my younger body”).

TAKING ACTION:

On your cue card, write out the why’s that are most important to you and then



3. PREPARE FOR OBSTACLES AND SETBACKS:

Lastly, you need to prepare yourself for obstacles and setbacks. They will happen and they are unavoidable. Knowing they are coming and preparing your mindset to persevere in spite of them is key to avoiding the fall off that so many others suffer from.

Make sure you have noted some of the 'intrinsic' benefits of what you are doing. The things that are beneficial REGARDLESS of results on your end goal. If your goal is to lose 20lbs, and you hit a road block in weight loss, knowing that you still have increased energy, better mood and increased strength in day to day life can be enough to keep going while you figure out why your weight loss has stalled.

Likewise, if your schedule changes and you're simply too busy to workout as often as you'd like, remember that even one or two workouts a week are still incredibly beneficial to your energy, mood and even in maintaining your fitness.

It may be frustrating to hit road blocks or obstacles, but they're part of life so we need to prepare for them.

One of the key differences between fit people and unfit people is their response to obstacles and road blocks.

There may not be an easy solution, but there is one guaranteed way to failure and that's giving up. **Don't give up.** Stick with it, persevere through setbacks and keep moving forward (no matter how slow) until you reach your goals.

APPLICATION:

Keep this card somewhere you will see it often and review it each morning and before bed. Spend a few seconds visualizing what it will be like to have achieved the goals on the card. Take the card with you everywhere you go. Keep it somewhere where you can easily pull it out and read it whenever you feel like your current desires are going against your actual deep meaningful desires.

Ask yourself, "Will eating this cake help me towards my goal of losing 30lbs? Is it really worth sacrificing on [blank]?" or "Will spending the money I should be using for personal training to get confident in the gym on something else really make me happy?"

Additional Notes: Remember that this is not about perfection. There will always be "off" days where you make poor decisions or sacrifice on your goals for lower priorities. It's the overall trend that matters. Don't let those "off" days derail your motivation!

Now go do it... Right now! 😊



WEEKLY SHORT-TERM ACTIONABLE GOAL CARD

Each week write down 3 actionable goals for this week and how they'll help you reach your #1 priority goal. Generally, this will be one training goal, one lifestyle goal and one nutrition goal, but sometimes you may need to focus more on one area for improvement.