

How to use this worksheet:

- To use this worksheet you need to make a copy of it to your own Google Drive. You can do that by clicking FILE > MAKE A COPY on the menu bar. I won't be able to see anything that you type on your own copy (unless you choose to share it with me) and neither will anyone else. It is completely confidential.
- Or If you prefer paper, you can PRINT it or write it in your journal
- □ Set a timer for 15 minutes, don't overthink just 'brain dump' your answers. trust that the first thing that comes up is the right answer.

1. Understand your WHY.

- a. WHY did you decide to do this challenge in the first place?
- b. Why is NOW the right time for you to do this for yourself? (Why not 6 months ago, or 1 month ago?)
- c. Now take yourself to September 2nd (the last day of the challenge)....Visualise what are you are *seeing, feeling and experiencing* as a result of the challenge?

d. What are your top 3 major goals? (What RESULTS do you want to see and feel).

e. How will you bring these goals to life?
E.g I have scheduled in meal prep on Sundays and Wednesdays.
I'll book in my classes at the beginning of the week.
During class I will push myself to start and finish on every buzzer.

HOT TIPS FOR GOAL CREATION:

- □ Make the results you want specific & give yourself a time frame for completion.
- □ Write the goals as if you are already DOING them.

Some examples...

- I am going to 4 sessions a week of HIIT(2 cardio + 2 resistance f45) + 1 yoga class + 1 rest day.
- (From week 5 onwards) I am getting up 1/2 hour earlier in the mornings (at 5.20 am Monday Thursday)
- I am starting and ending on every buzzer during my class
- I am doing pull-ups on the blue/red bands (instead of black/blue)
- I am carrying a drink bottle with me wherever I go & bringing packed meals to work.
- As a result of my effort and nourishing my body with the best nutrition, my body fat percentage result is between 18- 20% (it helps to put in a range).

2. What are potential obstacles that might get in the way of your success?

3. What can you do about those obstacles?

FINAL THOUGHTS:

DO YOUR GOALS PASS THE SMILE TEST?
 Does the goal make you smile? If not, tweak it until it does.

GET AN ACCOUNTABILITY PARTNER

You can tell your family, find someone within the group doing the challenge who is inspiring you, OR ask one of the f45 team. Tell them your goals and how they can keep you accountable. (My buddy and I are doing check-ins at the start and mid-way through the week to stay on track)

□ KEEP YOUR GOALS VISIBLE

Put your goals up and about so you can see them **daily.** On the fridge, mirror, office desk or next to your bed are great spots.

BRaindump

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