

Goal Setting Exercise

Remember to use the following criteria when writing down your goal.

- Specific
- Measurable
- Achievable*
- Results focused
- Time based

For example:

“I will have a lean six pack, with less than X% body fat, whilst keeping as much muscle mass as possible, in X months time (insert specific date).”

*NOTE: The word “Achievable” is a two edged sword. On one hand it does keep us grounded and realistic in our goal setting. However, on the other hand, as most of us don’t know what we’re truly capable of, it can also cause us to miss out on what we really want, because we simply aim too low!

So instead, I prefer to choose a goal that is pretty outrageous. One that excites me. That way if I hit it, great. If not, I still get to make major progress because I’m aiming very high, instead of too low.

The key is to give yourself enough time to reach your goal. So be patient and willing to extend your time frame, if you haven’t reached your goal by the initial date you had hoped for.

STEP 1) Now use the box below to write out your goal

Next, make your fitness goal more powerful by doing the following.

STEP 2) Keep your goal in plain sight

Also write your goal down on post it notes and put it everywhere to remind yourself e.g. in your wallet, on your fridge door etc. You may also want to add your goal as a screensaver on your PC and phone. Remember out of sight, equals out of mind. So keep your goals visible at review them daily.

STEP 3) Share your goal with others

Finally, tell others about your goal. The more people the better. This will help keep you accountable to your word. Share your goals with your coach, in an accountability group and with close friends & family.