

My Personal Goals

Name: _____

Date: _____

Step #1: Get READY!

What do you WANT in life, but don't have?

These are things that make you happy on a deeper level, not just give you pleasure or make you feel better in the short-term.

1. _____
2. _____
3. _____

What do you HAVE in life, but don't want?

These are the things that; cloud your mind, take up time, aren't supporting you or add stress without a sense of reward.

1. _____
2. _____
3. _____

What's most important to you in life? My Top 3 Priorities are:

1. _____
2. _____
3. _____

Where do you want to be in 10 years?

It's 2026. Think about the big picture - where you want to be? Be realistic but also inspired. Think POSSIBILITY not probability. Take a moment to really visualize what will your life (personally and professionally) look, feel, and be like.

Step #2: Get SET!

What are 3 **Specific** Goals you would like to achieve in the next 4 weeks as it relates to your health and fitness?

1) _____

2) _____

3) _____

If you did nothing else, what 3 things would you make the next 12 months a SUCCESS as it relates to your health and fitness?	Why bother? What outcome are you looking for? WHY do you want it? What are the BENEFITS?	WHEN will you achieve it by? A date to aim for & inspire you, not beat yourself up with	HOW will you know you've achieved your goal? What and how can you measure it?
1.		___/___/_____	
2.		___/___/_____	
3.		___/___/_____	

WHY Do You Want To Achieve Those Goals? What Is Your SO THAT?

Your SO THAT helps you make the **CHOICES** you make each and everyday. Having some clearly defined So That's will help make this journey easier because the **CHOICES** you make are So THAT.

Ex: Lose Weight – So That I feel better about myself and can fit into all my clothes again

Energy – So That I can get off the coach when I get home and play and run around with my kids.

Healthy – So That I can have a healthy lifestyle as a get older and be around for my kids and grandkids. Use the 3 Goals from above to complete your So That sentences below.

Goal 1. So That _____

Goal 2. So That _____

Goal 3. So That _____

8. Success Accelerators:
 What can I start doing, stop doing, do more, or less of, that will help me achieve my goals?

9. Smash those Obstacles:
 What could get in the way? If you were going to sabotage yourself how would you do it?

10. What is the DIFFERENCE that will MAKE the DIFFERENCE?

Step 3: Start Your Engines!

What ONE thing will I do for EACH goal in the next month?

Write out just ONE action that you will complete towards EACH goal in the NEXT MONTH. This is the FIRST STEP. Break the action down into a smaller step or action until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of ONE.

GOAL 1 Action _____ by _____

GOAL 2 Action _____ by _____

GOAL 3 Action _____ by _____

Who's on my TEAM? (My help & support: Friends, Family, Boot Camp Buddies, Co-Workers, etc.)

1. _____ HOW Can they help? _____
2. _____ HOW Can they help? _____
3. _____ HOW Can they help? _____

Step 4: On-Target Checks

If you were to score yourself from 1 to 10 on how likely you will be to achieve your goals, what would it be? / 10

****When your score is an 8 or more – Congratulations, you have a plan!
 ***If your score is LESS than an 8, ask yourself what obstacles will get in your way from achieving your goals. List them out and then create a plan on how to overcome those obstacles!*

I am committed to achieving these goals in 2016

Signed: _____ Date: _____