

My Personal Goals

Name: _____

Date: _____

What are **three specific goals** you would like to achieve in the next 28 days as it relates to your health and fitness?

1) _____

2) _____

3) _____

What 3 things would make the next 12 months a SUCCESS as it relates to your health and fitness? Identify **three specific goals** you want to have accomplished within the next 12 months. What date will you achieve them by?

1) _____ Date: _____

2) _____ Date: _____

3) _____ Date: _____

What are **three specific goals** you would like to achieve long term? This is looking down the road 3, 5 or even 10 years from now. List these accomplishments or goals as they relate to your health and fitness in the future? What date will you achieve them by?

1) _____ Date: _____

2) _____ Date: _____

3) _____ Date: _____

Step #2 Identify Your “SO THAT”

Our choices dictate our habits. Our habits, good or bad, come from a series of choices that we make. Your “So That” is really your reason why you want to change your current circumstances. Having clearly defined “So That’s” help you become more focused and more intentional because the *daily choices* you make are based on your “So That”. The focus should be on making one healthy choice “So That” ...you finish the sentence... Your first healthy choice will lead to another one tomorrow. Each good decision will build upon the previous one. This inevitably leads to making more good decisions vs. bad decisions as it relates to your health and fitness.

Your “So That” is the #1 KEY to succeeding both in your short term and in your long term goals. Here is an example; If your “So That” is to *have more energy to be able play with kids and be more present to them when getting home from work*, then each choice you make throughout the day should be “So That” you *have energy to play with kids and be more present to them when getting home from work*. Making the choice to drink water throughout the day because your body needs water to function each day. The choice to exercise because working out will help you have more energy throughout the day. The choice to eat 5-6 smaller meals and snacks throughout the day because eating this way will help increase your energy levels. The choice to eat healthy or unhealthy. They all are choices. If you choose not to eat healthy you are disregarding your “So That”. Harshly put, you choose an unhealthy calorie laden lunch even though it will zap your energy and you will NOT *have more energy to be able play with kids and be more present to them when getting home from work*. That should put some perspective to what I am getting at with your “So That.” Your “So That” should be big and powerful enough to make choices crystal clear, no questions, no tough decision.

Here are some other examples of So That’s:

Healthy – *So That* as I get older I can lead and maintain a healthy lifestyle in order to be around for my kids and grandkids.

Lose Weight – *So That* I feel better about myself and can fit into the stash of beautiful clothes collecting dust in the back of my closet.

Energy – *So That* I get off the couch when I get home and take a walk or do some exercise.

Use your first three goals from Step #1 above to complete your “So That” sentences.

Goal 1. So That _____

Goal 2. So That _____

Goal 3. So That _____

Step 3: Start Your Engines!

Identifying Your Obstacles:

What are some of the things that have gotten in your way or have been holding you back from achieving your health and wellness goals? Take a few minutes and list ALL the things that have gotten in the way of you focusing on yourself, your health and you being the BEST VERSION OF YOU! _____

What ONE thing will I do for EACH short term goal in the next 28 Days?

Write out just ONE action that you will complete towards EACH goal in the NEXT 28 Days. This is the FIRST STEP. Break the action down into a smaller step until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of one. (ex. 1 extra glass of water each day, walk for 10 minutes during lunch break, pack lunch 2x week).

GOAL 1 Action _____ by _____

GOAL 2 Action _____ by _____

GOAL 3 Action _____ by _____

Who's on my TEAM? (Help & support: Friends, Family, Workout Buddies, Co-Workers, etc.)

Name: _____

How can they help? _____

Name: _____

How can they help? _____

Name: _____

How can they help? _____

Step 4: On-Target Checks

If you were to score yourself from 1 to 10 on how likely it is that you will 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

Signed: _____ Date: _____

One Page Goals, Action Plans & “So That”

Name _____

Short Term Goal #1 _____

Action Steps I plan on taking to achieve goal

Date completed by: _____

- 1.
- 2.
- 3.

Short Term Goal #2 _____

Action Steps I plan on taking to achieve goal

Date completed by: _____

- 1.
- 2.
- 3.

Short Term Goal #3 _____

Action Steps I plan on taking to achieve goal

Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #1 _____

Action Steps I plan on taking to achieve goal

Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #2 _____

Action Steps I plan on taking to achieve goal

Date completed by: _____

- 1.
- 2.
- 3.

Long Term Goal #3 _____

Action Steps I plan on taking to achieve goal

Date completed by: _____

- 1.
- 2.
- 3.

Your #1 Big Hairy Audacious Goal _____

Action Steps I plan on taking to achieve goal

Date completed by: _____

- 1.
- 2.
- 3.

Your So That: example: I want to lose weight SO THAT I can feel better about myself, like who I see in the mirror and decrease my chances of health problems as I get older.

So That .. _____

So That .. _____

So That .. _____