

This worksheet will help you define your goal so you can work out how you're going to get there and when.

WHAT'S YOUR GOAL?

LOSE WEIGHT	BE MY OWN BOSS	BUY A HOUSE
EAT BETTER	EXERCISE REGULARLY	TRAVEL THE WORLD
EARN MORE MONEY	TAKE BETTER CARE OF MYSELF	LEARN A NEW SKILL

Or something else, maybe? _____

SPECIFICS

WHAT IS IT THAT YOU WANT TO ACHIEVE EXACTLY?

Use this template to figure your goal out. This is a guide to get you started. It's ok to approach your goal in a different way after you've started. Just be clear about where you're headed.

YOUR TURN:

TEMPLATE

I will _____ by _____

GOAL DEADLINE DATE

I'll achieve this by _____

ACTION REQUIRED

(Then give an example of what that might look like in your day-to-day).

FOR EXAMPLE

I will *weigh 70kg (15kg less than I am now)* by *December 2018*.
 I'll achieve this by *eating a low-carb-high-fat diet*.
This means eating more good fats like avocados, olive oil and coconut oil. And limiting myself to 30g of carbs a day.

HOW WILL YOU MEASURE YOUR PROGRESS?

Examples of measure: your weight or BMI, tracking your calorie/carb/sugar intake, how often you do something, how long it takes you, how far you go, or how much you can do.

YOUR METHODS OF MEASURE:



DEFINING YOUR GOAL

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REALITY CHECK

IS YOUR GOAL REALISTIC?

THIS PLAN IS JUST A STARTING POINT TO GET YOU INTO THE HABIT. ONCE YOU'VE GOT THE HABIT DOWN, YOU'LL BE SWEET.

If you have a sneaky feeling that it might be a bit of a stretch, think about making your end goal easier to achieve. Maybe it's losing 10kg instead of 20kg.

Next - dealing with failure. Because planning to fail this time around is what will make this goal different to every other time.

Say you lose interest in exercise pretty quick. Which makes sticking to a routine difficult. So, to counteract that - work it into your daily routine and keep it fresh.

Walk a new path to work, book yourself into a class like hot yoga, capoeira, tai chi, or hip hop. Think of ways to keep yourself excited & engaged!

MY COMMON HURDLES & THE SOLUTION :

WHY DO YOU WANT TO REACH THIS GOAL?

What will your life look like at the end of the year if you achieved it?

If your goal isn't truly relevant to who you are & what you want, then you might find it hard to stay motivated and see it through.

On the flip side, if your goal aligns with what you want & who you are - motivation will come easy!

MY GOAL IS RELEVANT TO ME BECAUSE:

WHEN WILL YOU DO IT & BY WHEN?

How are you going to fit your goal into your daily routine? Will you need to wake up earlier, eat dinner a bit later, start work earlier?

Now there needs to be a deadline of when you reach your goal.

Not sure what your deadline should be? Ask yourself, "when is it too late to achieve my goal?", "when would I be delighted to achieve my goal?", and "when could I realistically achieve my goal?"

THIS IS HOW I'LL FIT MY GOAL IN :

MY DEADLINE IS :