

How To Achieve Your Goals

The best way to get from point A to point B is to always have a plan. Before you start a journey of any sort be it fitness, financial, career, family, you need to know what you need to do for a successful outcome.

I have broken down the journey into two parts the Process Goals and the Outcome Goals.

Process Goals are all about the actions implemented to step you through each days plans to stay on track for the outcome.

Outcome Goals are the actual achievement desired at a particular point in time that is pre-designated.

You need both types of goals to keep you motivated and staying to the path of achievement.

For example – You have decided to improve your physique and you focus only on your cardio training with two weight training session in a week and expect to have an outcome of a firm toned body in 8 weeks time...

You may be able to do the exercise and complete the 8 weeks however; if these are your only guidelines to your outcome ... you will probably be disappointed because your process goals have not been specific enough.

Four areas to keep in mind when setting goals are

Skills – What are your specific current abilities to take forward

Current ability – Where do your strengths lay

Mind Set – What is your mental and emotional fitness, concentration, confidence, motivation etc

Relationships – Coach, work colleges, self, family, friends

Know your current abilities and those you need to improve, so you can build it into your goal setting.

My Strengths

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Areas to Improve

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My Goals

Consider your short, medium and long-term goals.

Where do you see yourself in THREE to FIVE months from now?

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Where do you see yourself in SIX months from now?

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Congratulations! You have now set out your goals and have a great direction to head for achieving your goals. Now is your chance to write down your reason for getting to the Celebration of YOUR ACHIEVEMENT!

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ACTION PLANS

Now is the time to note what your *Process Goals* for daily, weekly and monthly *Action Steps* to achieve YOUR GOALS!