



## Success Series Goal Setting

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Health and fitness goals, just like all goals in life, work best when you know what they are, write them down and have a plan to achieve them. There are many different ways to plan our goals, and the following pages will give you some ideas as to how to think about and document your goals. We each have different methods we prefer, so you're welcome to try a few and then just use what works best for you to set goals in other areas of your life.

There are many areas of life where you may want to set some goals. At different stages of your life, each area may take on different levels of importance. You can re-visit this list again over time to make necessary adjustments to suit your current state. The following table contains nine common areas of balance in most people's lives. For each area, rate your current level of satisfaction on a scale of 1-10 (1 being terrible and 10 being great). Write down a couple of reasons to explain why you gave each score. These reasons can be positive or negative.

Life Area	Rating (1-10)	Reasons for this score
Health & Fitness		
Career		
Relationships (Partner, Kids)		
Social Life		
Personal Development (Intellectual, Emotional)		
Financial		
Quality of Life (Leisure, Travel, Fun, Material)		
Spiritual		
Contribution (Community, Environment)		



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Once you've worked out what area of your life you want to change, set some goals around how to do that. The more clear you are on what your goals are, the more likely you will find a way to achieve them.

A common way to think about goals is the SMART method:

- Specific
- Measurable
- Attainable
- Realistic
- Timed

Although goals like, "I want to get rich," or "I want to lose weight," might be what you first think of, the SMART method would encourage you to flesh them out a little. For example:

"By December I will weigh 65kg and be able to complete 20 push ups."

"By the time I am 35 I will have a passive income of \$20k per year, an investment property with at least \$50k equity and a salary of \$150k."

Goals might be big and seem impossible. That's when it becomes important to break them down.

Another great method for achieving goals is the "Be, Do, Have" method, or quite simply, behave the way a person who achieves your goals behaves.

For example, if you want to improve your health and fitness (that's what you want to *have*), you need to *do* regular exercise and maintain a balanced diet. So you need to *be* someone who does regular exercise and makes sensible food choices. *Be* that person, *do* those things, *have* that result.

Choose one life area from the list above that you want to improve on, and write some goals below. It's ok if they seem impossible, we can always break them down into manageable steps.

You may need to re-word your goals to get them into the SMART or Be, Do, Have model. Word them in a way that resonates with you. Your goals should make you excited!

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A series of horizontal dotted lines for writing.

Now that you've got your goal into a specific and measurable statement, we're going to take a step back and turn that into a general goal or lifestyle improvement. Why? To get you really clear on *your* "why". While the idea of achieving a goal might be lovely, the reality is that sometimes the work it takes to get there, quite frankly, sucks. You need to have your reason for making a change front and centre in your mind on the days when you feel less inspired.

One method for building your "why" is to use a thought map to actually document all the ways achieving your goal will change your life. In the centre of the page write your general goal. From that, draw lines and write all the ways that will improve your life, and how those improvements improve other aspects of your life. An example is below and you can create your own on the next page. These are just a few examples that could apply to this particular person, when you put your mind to it you will find many, many more life improvements that stem from achieving your goal.

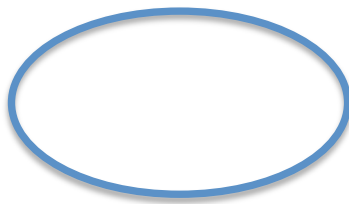




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My goal and some of the ways it will improve my life.





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Hopefully by now you know what your goal is. You know exactly what you want and how you'll know when you've achieved it. You should be fired up and excited about all the ways it will improve your life. The next step is the most important: Action!

Because every goal requires different steps and will take different amounts of time, this will vary for everyone. List below some changes you can make in your life, some action points and how often you will do them. From this we will formulate an action plan that you can commit to.

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Now you know what you want and have an idea how you will achieve it, it's time to make some commitments.

In your own words applicable to your goal, complete the following.

It's \_\_\_\_\_(date) and I have just \_\_\_\_\_  
(completed goal, but how, eg stepped on the scales to see my goal weight, signed a new work contract with a 10% pay increase, purchased my ticket for my overseas trip). I feel \_\_\_\_\_ (excited, proud, relieved etc).

It's important to dwell on how you will *feel* when you achieve your goal.

Another way to really get firm on *why* your goal is important is to fill in the following sentence:

I want to \_\_\_\_\_ so I can \_\_\_\_\_  
and \_\_\_\_\_.

*Now make it happen.*

Action:

Daily

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Weekly

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Monthly

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Other Notes

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