

Goals – the road map to your treasure (goals)

Why have goals? You have to have the end in mind. You plan weddings, baby showers, parties, funerals, etc. You have an end in mind. A goal is a desired outcome with a time limit put on it.

So let's plan your health goals. What does health look like to you? You are the creator of your life, author of your book, and sculptor of your marvelous physique. So let's get to it and write whatever your desired outcome of what health looks like, feels like and sounds like for you. Below are some guidelines to setting **SMART goals**.

Specific – Be as specific as possible and express it in positive terms

Measurable – How will measure your success? There needs to be a way to evaluate your progress to see if your are moving in the right direction.

Achievable – *Determine if you have the resources available to achieve your goal? This is a good time to remove obstacles before you start on your goals. You must promote action*

Relevant/Realistic – *Your goals should be realistic, inspire you, and align with your values.*

Time Specific – *Set a time a specific date this will be accomplished by and the necessary steps to get there.*

The formula below in the Action Step can be used for all the areas in your life that you would like to get to a 10.

Action Step

What is your goal (be specific , what does it feel like, look like, smell like, taste like, sound like)? Describe it as if you were watching a movie and explaining the scene to a friend.

Why do you want to accomplish this?_____

What is the time frame to accomplish this goal? Set a specific date._____

What has held you back in the past or what do you for see as the biggest challenge that can hold you back from accomplishing your goal?_____

What are some of the steps you can start making today to reach your goals? How can you plan for success? _____

How will you keep track of your goals? Will someone keep you accountable? Will you keep a chart, journal or check list?_____

What will happen if you **don't** accomplish your goals? How will this impact your health, work, family, social life, finances, etc. ?_____

What will happen if you **do** reach your goals? How will this impact your health, work, family, social life, finances, etc.?_____

Additional strategies for helping you achieve your SMART goals:

1. Your goals should align with your values – your goals should reflect your character and beliefs otherwise you won't be happy
2. Keep yourself accountable – ask a couple of people that are supportive and positive to keep check in with you
3. Have a support system – find someone who has reached the goals you are striving for that can help you with encouragement and feed back
4. Prepare – plan ahead and make sure you have all the tools necessary
5. Look ahead & for see any possible obstacles – see what possibilities may come up and what you can do if they do
6. Take action daily – take at least one small action toward your goal which leads to many small consistent steps daily which will be one step closer to your desired outcome
7. Celebrate your little victories – don't wait until you have reached your goal to celebrate your progress; reward yourself with something fun