

Goal Setting

Ask for what you want, not for what you don't want.
Instead of saying: "I will stop eating rubbish"
Say: "I will use healthier recipes to cook my food"

1. Set Goals In The Positive

Always start a goal with "I will" or "I am"
This empowers you and makes you feel in control of you are going to achieve

1. What do you want?

2. How will you feel when you achieve this?

The more detailed you can be the easier it will be to plan out how you will achieve it.

2. Make The Goal Specific

Example:
I will run 5km within 22 minutes

1. What exactly do you want

2. What will you see, hear and feel when you achieve that?

3. When do you want to achieve that goal by?

**3. How Will You Get Evidence
And Feedback For
Achievement?**

1. How will you know that you have achieved your goal?

2. What milestones will you set up along the way?

3. How often will you check that you are track?

**4. What resources will
you need on the
journey?**

Books, people,
equipment,
advice, strategies,
role models etc



1. What will you need to help you achieve your goal?

2. What resources do you have already?

5. Be Proactive

1. How far is this goal under your control?

2. List everything you could do that will help you achieve this goal?

**6. What Are The Extra Benefits
You Will Get When You
Achieve This Goal?**

1. How will achieving this goal affect your relationship with friends, family or loved ones?

2. What are the key areas that will change once you have reached this goal?

