



Live For Today Fitness

Fitness Lifestyle Coaching & Personal Training

PRIORITIZING AND SETTING GOALS

This worksheet is a chance for you to prioritize your goals. We'll review the goals you defined in the Background Information Questionnaire and go over some goal setting strategies to make sure that you get to your goals.

This tool will help you determine where you should spend your resources (time, energy, finances) and help you to set realistic expectations for what you can and can't accomplish.

DEFINING #1 PRIORITY GOAL

Write down your #1 priority goals for the next 3-6 months and two supporting goals. The supporting goals can be anything from getting healthier to how you look to how you feel. Make sure that you pick supporting goals that actually require the same actions as your #1 goal. Essentially these are ways of reinforcing your motivation for your #1 goal.

#1 Primary Goal: _____

Supporting Goal #1: _____

Supporting Goal #2: _____

GOALS ON HOLD

This exercise is designed to identify those potential distractions and enable you to make a commitment to wait until you reach your defined goals before pursuing your new goals.

Make a list of any goals you have that may get in the way of achieving your top 3 priority goals. This could be anything from getting stronger to learning guitar.

This is an acknowledgement that these goals will be put on hold. You may be able to work on them to some extent, but in order to ensure that you reach your #1 priority goal you need to put anything else on the back burner for now. The #1 priority goal must get 100% focus until it is finished.

As Tim Ferriss says, "Just finish *something*." It almost doesn't matter what it is. If you finish what you start you will end up ahead of most people in life.

Lack of focus = Lack of results.

Goals on Hold:

1. _____
2. _____
3. _____

I _____, commit to *just finishing something*. I commit to 100% focus on achieving my #1 goal before getting distracted by any other goals or priorities.

GOAL CARDS

LONG-TERM MOTIVATION GOAL CARD

Instructions: The strategy here is relatively basic. Simply take a cue card and write down your #1 priority goal that you identified above.

Once you have written your goal on the card, write down one or two emotional reasons why you want to accomplish this goal or emotional visualizations of what it will be like to have completed the goal.

Make it as descriptive as possible. When you read the card you should feel like you are overflowing with emotion and excitement. They should be worded in such a way that they provide a strong desire for change every time you read them.

It does not have to be logical or meaningful in a traditional sense.

In fact, it is often very trivial things (such as recreational sports performance) that motivate people to make changes.

It could be something as simple as "Imagine feeling the rush of racing down the ice/field when I am 50lbs lighter" to "Imagine being damn sexy in my bathing suit. Visualize seeing the lines on the side of my abs when I'm on the beach this summer."

If you come across another reason that motivates you more than what you have written on your goal card, absolutely re-write your goal card and include this new reason.

Application: Review this card each morning and before bed. Spend a few seconds visualizing what it will look like to have achieved the goals on the card. Take the card with you everywhere you go. Keep it somewhere where you can easily pull it out and read it anytime you have to make a decision that might affect your goal and filter every decision through this goal.

Ask yourself: "Will eating this cake help me towards my goal of losing 30lbs? Is it really worth sacrificing on my goal?" or "Will sleeping in really make me feel better? Will getting up get me one step closer to my goal?"

Additional Notes: Remember that this is not about perfection. The fact that you are making the effort to improve is a victory in itself. Focus on simply making a better decision than yesterday with regards to your goal.

There will always be "off" days where you make poor decisions or sacrifice on your goals for lower priorities. Just remember, it's the overall trend that matters. Don't let those "off" days derail your motivation. If you "make better decisions than yesterday" 5 or 6 days each week, you'll be at your goal before you know it.

WEEKLY SHORT-TERM ACTIONABLE GOAL CARD

Each week write down 3 actionable goals for this week and how they'll help you reach your #1 priority goal. Generally this will be one training goal, one lifestyle goal and one nutrition goal, but sometimes you may need to focus more on one area for improvement.

Now go do it!.... Right now!