

Achieve your goals

Whether you are thinking about health and fitness goals, career goals or life goals we've created this document to help you set and achieve them.

MISSION

Decide what you want to achieve. Tip: set SMART goals Specific, Measurable, Attainable, Realistic and Timely.

Example: Work out at least 3 times a week.

MOTIVATIONS

Dig deeper and ask yourself why you want to achieve this goal? Try to share your true motivations.

Tip: Revisit these motivations as you are trying to achieve your goals to remind yourself why you are working towards this goal in the first place.

Example: Working out 3 times a week will help me feel good about my body and improve my fitness and stamina.

DEBUNK YOUR FEARS

Identify the fears that are causing some level of self doubt. Imagining the worst case scenario allows you to transform your fear of the unknown into something that is clearly defined and manageable. Once you understand these scenarios, it will be more clear what you can do to prevent or repair potential damage. This exercise can also reveal the emotional, physical and financial impact of abandoning your goal.

Tip: Talk about these fears with people who you feel comfortable sharing this with as they may be able to provide different perspectives.

Worst case scenario:

Practical steps to prevent these outcomes:

Practical steps to repair the damage:

12 months from now if I decide to abandon this mission: