

How to Empower and Achieve Goals Every. Single. Time.

Imagine being able to set a goal and achieve it- every time! There is a lot more to achieving any goal than just having the goal. But it's a good first step. You may wonder how some people seem so great at achieving their goals while other people aren't so good at it. Part of the reason why some people fail is that they do not have a specific goal, one that is clear and focused. In addition, they do not have a schedule of action to actually work toward achieving the goal. In order to meet any goal, start doing these five things today.

1. Craft Clear, Specific and Doable Goals

For any goal to be achievable it must first be clear and very specific. But, it also must be possible. Think of them in terms of being S.M.A.R.T.

- *Specific
- *Measurable
- *Attainable
- *Reasonable
- *Time Sensitive

You do want to challenge yourself a bit, and set the goal high, but you want to ensure that any goal you set is possible. Therefore, you will need to do a little research in order to set a goal. For instance, let's say your ultimate goal is to lose 50 pounds.

Obviously, anyone who needs to lose 50 pounds and sets their mind to it can do so, but they can't and shouldn't do it in one month. So an *unreasonable* goal is "I want to lose 50 pounds in a month." Instead, a more *reasonable and doable* goal is to state "I want to lose 50 pounds in 30 weeks." This is in line with health recommendations not to lose more than 2 pounds per week, and gives you a little cushion for plateaus and other issues. As we all know, life happens.

2. Each Goal Needs Set Actionable Tasks

Any goal that you really want to meet needs to have the "why" and the "how" included with the "what" of the goal. In the example above you want to lose 50 pounds in 30 weeks, which will be a little less than 2 pounds per week. You'll need to look at your diet, compute the number of calories you should consume and the amount of exercise you need to see those results.

Thankfully, today there are online calculators to help you determine this easily, but let's say that you determine that if you consumed 1800 calories a day, and walked for 20 minutes each day, you would achieve your goal that you set within the time limit. So, now you need to include planning your meals and fitting in the exercise necessary to reach your goal. But because of the research you did, you know exactly what is needed to be successful with the goal you set.

Seeing that in black and white you can see that it's very doable and achievable. But, there are a few more steps necessary to achieve your goals.

3. Schedule everything & Make time for yourself

Do not leave anything to chance. Instead, schedule in the work necessary to reach your goals into a real calendar. You are just as important as a meeting with your boss or making it to an appointment. Writing a list isn't good enough - you need to schedule in everything that you can so that you don't miss a single day due to losing track of your schedule. It doesn't matter if you are retired, work full time, or are a stay at home parent. Putting down daily obligations makes it real. You need to be realistic about how long each thing will take and schedule them into your day properly.

4. Action & Accountability

No goal will ever be achieved if regular action isn't taken each day. Each morning, look at your calendar and follow through on the plans that you've made and the criteria you've set for yourself to get things done. When you get through each day having done the minimum, you're a success - each and every single day. There is nothing else that can be the result of daily action other than success when you think of it this way.

Having a support group, people who hold you accountable to your goals, will help you to be more successful than if you go it alone. It's a proven fact! The more people who know and support you in your goals, the more likely you are to take action on them and be accountable to them!

5. Consistency & Reward

Finally, you'll need to be consistent in these steps every single day. When you make very specific and clear goals with very specific steps to achieving the goal, based on reality, you will soon discover the secret to success that seems to escape so many people. *The real secret is in the consistency.* It's like going on a long hike - if you take one step at a time, moving in the direction of the map that you've planned out for yourself, you will get to the end and you will be a success.

It's also very helpful in goal setting to have a tangible reward set up for yourself. Such as "When I lose 50 pound in 30 weeks, I will purchase 3 new pairs of jeans". Again, make the reward as specific as the goal. The reward should also influence and encourage the outcome of the goal, not what you did to get there. A bad example of a reward would be "When I lose 50 pounds in 30 weeks, I will treat myself to dinner out at my favorite restaurant."

Reaching your goals is just a matter of setting reasonable and realistic goals, and then setting up a schedule of actionable tasks and steps that bring about the end result you want. You can start today to achieve your goals.

If you need help or are ready to create a life that you love to live, I'm here to help!

Let's get you set up for success!

Make today amazing!

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Let's Get Planning!

Write out 3 goals you would like to achieve:

1) _____

2) _____

3) _____

What are your action items for each goal?

1) _____

2) _____

3) _____

How will you create a schedule to allow yourself to achieve these goals?

1) _____

2) _____

3) _____

Who will help keep you active & accountable?

1) _____

2) _____

3) _____

What will your reward be for achieving your goals?

1) _____

2) _____

3) _____

How will you feel once you have achieved your goals?

1) _____

2) _____

3) _____

Create a life you love to live! You can do it!



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