

**GOALS:
STEPPING STONES TO SUCCESS**

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Why set goals?

Goals are vital to your success, because they provide three things:

1. Direction: they tell you where you are going and how you will get there.
2. Feedback: they tell you how you are doing.
3. Support: they remind you why you are doing this, and provide encouragement.

Where do I start?

What do you want to achieve? Decide on your "Big Goal" – this is called an *outcome goal*, it is what you are hoping to accomplish in the long term, your ultimate goal. Break down your Big Goal into smaller, more immediate parts – "Now Goals," also called *process goals*, how you are getting to the Big Goal. You should have several Now Goals; set new Now Goals for each week, each day, and each workout.

Make sure you follow the S.M.A.R.R.T. model when setting your goals.

S: Specific – be precise in what you want to accomplish.

M: Measurable – you need to be able to quantify and measure your progress

A: Attainable – it needs to be possible!

R: Realistic – start where you are now; be rational and pragmatic.

R: Recorded – WRITE. THEM. DOWN.

T: Timed – you need to set a deadline.

You can use this worksheet as a template to guide you in your goal setting process. Remember, your goals are alive; they are moving, and changing, and living with you each day. It is ok to adjust your goals. If you find that you are consistently not achieving your goals; sit down and evaluate the obstacles you are facing (see Obstacle worksheet), figure out how to overcome those obstacles, and rework your goals as necessary. If the opposite is true, and you are easily achieving your goals, make them more challenging! Goals are intended to guide you to improvement – that happens more readily through challenging yourself!

Let's Get Started:

Today's Date: _____

Start Date: _____

My BIG GOAL: _____

Timeline for my BIG GOAL: _____

Now, break down your BIG GOAL into smaller, more immediate steps. What needs to happen so you can achieve the BIG GOAL?

From the steps listed above, list your NOW GOALS. What steps are you going to take right now, to start achieving your BIG GOAL?

NOW GOAL #1: _____ Start Date: _____

Deadline: _____

NOW GOAL #2: _____ Start Date: _____

Deadline: _____

NOW GOAL #3: _____ Start Date: _____

Deadline: _____

Progress Check!

What obstacles are you facing in achieving your NOW GOAL? What are you doing to eliminate those obstacles?

Are you on track for your deadline? If not, what needs to happen to get back on track?

Evaluate your goal – was it too easy? too challenging? Based on your answers above, set your next round of NOW GOALS.