

# Goal Setting

- 1. SET YOUR GOAL** - make it something that's attainable but you'll still have to work for. For example: lose 10 pounds in the first 30 days
- 2. SET YOUR REWARD** – again, make this something realistic but enticing. For example: When I lose the first 10 pounds I will buy myself a new pair of jeans
- 3. MAKE IT KNOWN** - Write it down everywhere! In your calendar, on your fridge, bathroom mirror, steering wheel... and tell your accountability people about it.
- 4. PLAN FOR IT** - Whatever the reward (let's say it's a new pair of jeans), plan for it. Put it in the budget. Put a picture on your mirror and imagine what they will feel like. Think about how you will feel wearing them. Make it as real as you can.
- 5. REVIEW** - This is your goal so you can do what you want with it. Maybe you don't want new jeans anymore. Maybe you have a bad week or you discover your goal is too big. Erase it and start over, or make adjustments. Just make sure you have a goal.
- 6. CASH IN** - when you hit that goal, and you will, buy those jeans! Don't forget to tell your accountability people it. You'll be amazed how far encouragement will carry you.
- 7. SET A NEW GOAL** – As soon as you reach your goal, start the process over again.

Print out the next sheet, fill it out and post it somewhere (or everywhere) that you know you'll see it along with motivational quotes or photos.

MY GOAL:

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MY REWARD:

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MY ACCOUNTABILTY PEOPLE:

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