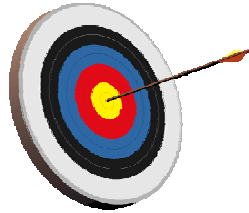


Strive for 5™

Goal Setting



For 2008 I want you to
set yourself 3 GOALS

Decide **EXACTLY** what you want to achieve from your Personal Training Program.
Here are some goals I typically hear clients tell me when they first start:

I want to lose weight **I want to be fitter** **I want to eat better**

While these goals are positive, they're too vague. They have no values, no figures, and no definable measures.

After all, at what stage will you be fitter?

Is it 3 pounds or 30 pounds of fat that you want to lose to feel that you've reached your goal?

Does better eating mean more fruit and vegetables or simply cutting out coffee and biscuits?

What do you want more energy for?

Write down 3 definable goals that you want to achieve in 2008.

It's in *your* interest to do this. Share your goals with me and then display them somewhere they'll be seen on a daily basis. Read them, memorise them and keep them in the forefront of your mind. *Never* lose sight of what it is you want.

HERE ARE SOME WELL DEFINED GOALS...

1. 'I want to lose 15 pounds so I can fit back into my favourite pair of jeans'
2. 'My goal is to be a size 12 instead of a 16'
3. 'I want to be able to run a 5k charity fun run'
4. 'I want to be able to do 25 push ups in one go!'
5. 'I'm going to eat 6 meals a day and beat this feeling of hunger!'

Each of these goals can be progressively monitored and measured over time to determine your success.

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MAKE YOUR GOALS REALISTIC...

While it's one thing to be confident and enthusiastic, it's another to make your goals unrealistic. This will only set you up for disappointment and temptation to give in. Know your limitations.

Aiming to lose 2lb of body fat each week is a reasonable target. Expecting to lose 10lb overnight is not.

If you want to lose fat and keep it off long term, you need to accept that the more you have to lose, the longer the process will take.

Be confident in the knowledge that if you stick with your Personal Training plan, you *will* begin to see positive change!

DON'T SELL YOURSELF SHORT EITHER!

With this program there is no room for assumptions like '*I'm too old*' or '*I guess I just can't lose weight*'. You have what it takes to succeed. Don't let your thoughts tell you otherwise!

Success will involve stepping out of your comfort zone and making changes to your lifestyle, but the sooner you do, the sooner you'll realise that anything is possible, with a little hard work and determination.

Tell yourself that you *WILL* achieve your goals and don't let anyone (including yourself) tell you any different! Think positively and don't make room for negativity.

GIVE YOURSELF 12 WEEKS – 3 MONTHS – TO SEE SERIOUS CHANGE

SEE THESE 12 WEEKS AS A DEADLINE YOU *MUST* MEET

Keep this thought in mind and you'll work harder. You'll make nutritional and lifestyle changes quicker and be more likely to stick to your exercise routine. Keeping up this momentum will allow you to achieve a great deal in 12 weeks.

Let yourself slip and you'll end up feeling that you've wasted your money.

I don't want that and neither do you!

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Once you have your goals,
find the support that you need



To get the results you want, you'll need more than my support. You also need the backing of those close to you - your family, friends and / or your partner.

These are the people you share your life with, who see you on a regular basis and can help you stay on track.

They can also be the *very* people that *could* jeopardise your progress by tempting you to stray, so it's crucial that they're on your side from the start.

They may not be aware of exactly what it is you're trying to achieve. TELL THEM.

Share your goals and let it be known that you're going to work hard to achieve these.

This way you're more likely to get the support you need, and make yourself accountable, not only to yourself, but to others.

Once your friends and family know what you're trying to achieve, they're likely to ask you on a regular basis what progress you're making. Everyone wants others to believe that they're successful. It's human nature. We all like praise for things that we've done.

No one wants to tell others that they've messed up or failed to achieve something. Is *that* not a good enough incentive for you to stick with this plan and make it work?

Build your own support network around you, and you'll have 'safety in numbers'!

Start to make yourself accountable not only to me, but to your family and friends too.

If you keep your plans to yourself you'll find it much harder to stick to the right path...

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What's holding you back from achieving your Fat Loss goals right now?

Most people never achieve the things they want in life because of numerous obstacles and excuses that stand in their way. Fat loss is one goal that most people sadly don't ever achieve, because they constantly surround themselves with doubt and reasoning as to why they can't go through with it.

Before beginning your Strive for 5 Program, I want to ensure that you face up to the excuses that you currently have blocking your way, and deal with these immediately. They will do NOTHING to help you achieve what you want – lifelong fat loss.

The sooner you face up to what might be currently holding you back, the sooner you can move forward, and achieve your fat loss goals more quickly and more easily.

Here's what I want you to do:

Print out the empty obstacle list on the next 2 pages.
Set aside some time and sit down with a pen and paper.

Really start to think about what is currently stopping you from getting fitter and dropping body fat. For the time being, only fill in the OBSTACLES. We will work on your SOLUTIONS together at a later date. Don't hold back. Write down anything that you think or know is putting the brakes on your fat loss efforts.

Here are a few EXAMPLES to help get you started and thinking along the right lines;

01. I always have a beer when I get home after work
02. I'm tempted to eat the sugary snacks I buy my children
03. I don't want to miss my favourite TV show when I should be going to the gym
04. I like going out and socialising over a few drinks, several times a week
05. My partner always suggests a take away on Friday nights
06. I'm in the habit of buying a chocolate bar and soft drink with my lunchtime sandwich
07. I always go to bed late, because I'm up and about doing chores
08. I'm too tired to exercise

Guidelines:

Please be 100% honest. If you know something is likely to be holding you back, note it down.

However minor or trivial you think it might seem, it could be vitally important to your success.

By writing down potential obstacles, you are facing up to things that need addressing.

Keep it simple. Only write down a brief description for the time being.

Keep a record of the list that you write. Keep it somewhere that you can refer back to it, and don't be afraid to add to the list, if you think of anything else at a later date.

See this list *not* as a series of negatives but as a chance to face your obstacles and make them work for you instead of against you.

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YOUR GOAL OBSTACLE LIST

OBSTACLE:

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SOLUTION:

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YOUR GOAL OBSTACLE LIST

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