

A woman with long blonde hair is lifting a barbell in a gym. She is wearing a black tank top with the words "NEVER GIVE UP" printed on it. The background is a blurred gym setting with other people. The entire image has a red overlay.

7

Steps to Successful Goal Setting



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Most people have an automatic default and will tell you what they 'don't want' in life but find it difficult to express with any clarity 'what they do want'.

When we relate this to getting into shape, the same often applies. Most people know that they don't want to be overweight or unfit but remain unsure as to what they truly want to achieve with their bodies, health and fitness.

Following are **7 steps** to getting what you want in any area of your life and in particular, your health and your fitness.

Step1. Know what you want.

Start with a clear vision - a goal of what you want to achieve. Once you are clear with what it is you actually want, then creating a plan on how to get there becomes a whole lot easier. Commence with the end result in mind.

If you are one of the few with a single-minded vision of what it is you are here on this earth to do, congratulations! That is the first step to a successful outcome, having a clear vision or goal of what you are trying to achieve is half the battle.

It doesn't matter how big or how small your goal may seem, it all starts with defining exactly what you want.



Step 2. Write it down

A goal **not written down** is a fantasy, a wish, a preference. As soon as you commit it to paper the goal starts to take on a whole other level of possibility, reality and commitment. **Write it down and read it daily.**

When you write your goals down you start to give them more clarity and with clarity and purpose comes focus. Write them with a sense of passion, purpose, and commitment. Review them daily and remember the more specific your goal is the more focus you have.



**"If you aim at
nothing, you will hit
it every time"**

Author Unknown

Step 3. Set a deadline.

A deadline creates a sense of urgency and forces you to take it more seriously. All too often we wish for something to happen but fail to give it a time frame with a definitive outcome.

Step 4. List what you need to do.

Big goals are usually a collection of smaller goals. List what you need to do and break it up into smaller bite size pieces by breaking down your goal/s into 3 lots of 4 week increments.

Note that achieving the big goals is always dependent on having achieved the smaller goals.

Step 5. Develop a plan with timelines.

Work backwards from the end result. For example: “In order for that to happen, first this must be done.” What do you need to do this month... this week... today... now, in order to make the big goal a reality?

Whose help do you need? What other resources will you need? What are the significant steps that need to happen? Developing a timeline of significant steps will keep you on track and make it more manageable.

Step 6. Take action.

You reach a point where you have to take action; don't be guilty of constantly getting ready to take action but never actually taking it. Achievement requires *taking action*; yes you must spend time to prepare, but you then need to *take action*. It's a case of 'ready, aim, fire', not 'ready aim, aiming and aiming again...In other words.... **'Application of the information'**.

Step 7. Persist and don't give up.

No one said this was going to be easy. Know what you're getting yourself into, constantly review, look for the lessons along the way – learn from your mistakes.

Remember, if and when things don't work out as planned, 'it's not failure, it's feedback'. Start by setting that goal, focus on the goal, not the problems and keep changing strategy until you achieve the goal.

One final note is to never ever give up!