



## The Five Golden Rules

### Rule #1: Set Goals that Motivate You

When you set goals for yourself, it is important that they motivate you: this means making sure that they are important to you, and that there is value in achieving them.

#### Tip:

To make sure your goal is motivating, write down *why* it's valuable and important to you. Ask yourself, "If I were to share my goal with others, what would I tell them to convince them it was a worthwhile goal?". Write your goal down then ask yourself "why is this important", answer it then ask yourself again "why is this important". Do this five times.

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### Rule #2: Set SMART Goals

Specific  
Measurable  
Attainable  
Relevant  
Time Bound

#### *Set Specific Goals*

To get stronger or lose weight are not specific goals. To be able to squat 145 pounds or lose 15 pounds. Those are specific.

#### *Set Measurable Goals*

Set goals you can measure your degree of success. If your goal is to be leaner how will you know you have achieved this? Decreased body fat, decreased measurements???. Your goal can be to get leaner however include in your written goal details ie. To be under 20% body fat and lost a total of 10 inches off my body.

#### *Set Attainable Goals*

Make sure that it's possible to achieve the goals you set. If you set a goal that you have no hope of achieving, and is unrealistic it will just disappoint you or frustrate you. If you are 90 pounds and currently cannot even squat, setting a goal of squatting 145 pounds by March 31<sup>st</sup> is not going to happen.

#### *Set Relevant Goals*

Is reaching this goal relevant to you?? Don't say run a marathon in 3 hours if running a marathon is not something that you really want to do. Ask yourself "Does this really matter to me? And Why?"



## *Set Time-Bound Goals*

Your goals must have a deadline. Again, this means that you know when you can celebrate success. When you are working on a deadline, your sense of urgency increases, and achievement will come that much quicker. Squat 145 pounds by March 31<sup>st</sup>; Lose 15 pounds by June 30<sup>th</sup>.

## **Rule #3: Set Goals in Writing**

The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it. Write them down and make them visible everyday.

## **Rule #4: Make an Action Plan**

This step is often missed in the process of goal setting. You get so focused on the outcome that you forget to plan all the steps that are needed along the way.

List the steps that are needed to reach your goals and plan for when you will execute the steps. Plan when you will work out each day. **Make that appointment with yourself.** Plan grocery shopping and food prep. Put these things into your calendars.

## **Rule #5: Stick With It!**

Re evaluate your goals and remember if your plan doesn't work change the plan but never the goals.