



DEMAND MORE OF YOURSELF

GOAL SETTING WORKSHEET

Ensure you have watched the Goal Setting Video in the Members Area

Grab your journal / diary and work through the questions & planning below

1. Your Long Term Goal/ True North/ Vision

- What is your Long Term Goal/ True North/ Vision (This is sometimes hard to do and if you are going to miss one of these steps this is the bit you can skip)
- This wants to be longer than 3 months I.e. 6 month/ 12 month/ 2 year goal or general direction.
- If this seems too difficult at this point and you are having to force it, just think of the general direction you want to head in (True North)
- I.E. *"I want to be Stronger, Fitter & Leaner"*
- Then just focus more on the 'Process Goals' (daily habits) that if you do consistently will stack up and point you in the direction of your True North

2. Your WHY/ Purpose

- WHY are you wanting to improve in the above direction?
- WHY not stay as your are?
- This can be DEEP. It can be HARD to face - but the more you connect with this the better your drive will be

3. 12 Week Goal

- What is your 12 week goal?
- Make this measurable where possible
- Do you have a preset event for this?
- Put this end date in your diary

4. Monthly Self Review

- Monthly Review complete your Monthly Review Form (we email this to all members the first week of each month)

5. Daily Habits / Process Goals

- What are your key daily & weekly habits? These are called 'Process Goals'.
- Pick from the example list below and add any others

Daily

- Calorie Target
- Protein Target
- Use My Fitness Pal
- Water Target
- Step Target
- Bed time / Wake Time
- Breath Work
- Gym Bag Packed
- Food planned for next 24 hours

Weekly

- Train X amount of times per week
- Complete Weekly Check In to Russ
- Take on board Russ feedback

Sunday Success Routine

- Review the previous week
- Plan the next week
- Self Development Time (Membership Site Videos / worksheets)
- Decompression time to myself

Do not let this overwhelm you. It's only a guide and it won't always work out perfectly for everyone. If you need help with this speak to your designated coach