

YOUR GOALS

1. What do you want to achieve? Lose 5kgs? Make it to the letterbox without running out of breath? Have a six pack? Lose fat from your stomach? Think about it and list things you SPECIFICALLY want to achieve. These are your goals.
2. Underneath each goal, list the reasons why you must achieve this goal. List the benefits of achieving this goal. List the consequences if you *don't* achieve this goal. This will give you leverage to succeed.
3. Finally, list the actions you will need to take to achieve this goal. Start from where you are right now, adding steps required to take you to your goal. This constitutes your action plan to succeed.

GOAL 1: _____

REASONS I MUST ACHIEVE THIS GOAL: _____

CONSEQUENCES IF I DON'T ACHIEVE THIS GOAL: _____

ACTION PLAN: _____
