

SIX STEPS TO A STRONGER YOU | SMASHING YOUR GOALS



YOUR WHY	SMART GOALS	PLAN IT	DO IT	BE ACCOUNTABLE	REWARD
<p>Take time to visualise the reason behind your goals. Your WHY needs to hold meaning to you so you can draw on this motivation when your alarm goes off at 6am!</p> <p>"YOUR WHY" EXAMPLE</p> <p>"I want to be a healthier Mum, to be able to run around with my kids and to be a strong role model to them."</p> <p>-----</p> <p>Then work towards this vision by achieving SMART Goals.</p>	<p>SPECIFIC What, where, how, when, with who?</p> <p>MEASURABLE Measurable means that you identify exactly what it is you want to achieve.</p> <p>ACHIEVEABLE Your goal should push you, but it's important it's achievable.</p> <p>REALISTIC Is your goal realistic?</p> <p>TIMELY When are you going to achieve your goal by?</p> <p>-----</p> <p>EXAMPLE</p> <p>I will run the Rotorua 10km event in May 2020 with my husband.</p>	<p>ACTION STEPS</p> <p>All the best plans have clear steps to achieve them, for example:</p> <ul style="list-style-type: none"> * Complete/follow weekly exercise plan and put it on the fridge * Set my alarm for 6am for 3 days a week * Get clothes ready night before * Arrange for my partner to watch kids so I can exercise * Prep meals and healthy snacks on Sunday 	<p>TAKE ACTION</p> <p>Time to get up, show up and turn your plan into reality.</p> <p>BE CONSISTENT</p> <p>Being consistent creates healthy habits and long-term lifestyle changes.</p> <p>STICK TO YOUR PLAN</p> <p>If you are coming unstuck here, then it's time to reassess and go back to your plan and make sure it's achievable.</p>	<p>SUPPORT</p> <p>Who's going to be there when the going gets tough?</p> <p>Being accountable to others can help you stay on track, for example;</p> <ul style="list-style-type: none"> * Schedule to meet a friend for a run * Commit to attending a fitness class or comment to Sarah that you'll do a live workout. Then you have to follow through. * Write your commitment in the Facebook group so others can support and motivate you to keep going. * Share your goals with likeminded people and set regular check-ins into your plan, 	<p>CELEBRATE YOUR SUCCESSES</p> <p>How will you reward yourself? Make sure it's inline with your WHY e.g. new workout clothes.</p> <p>WRITE IT DOWN</p> <p>Be proud of what you have achieved, share your wins with your friends, family and in the Strong Woman community.</p> <p>INSPIRE others by sharing, they might want to join you on your next fitness goal</p> <p>SET ANOTHER GOAL Once you've knocked one goal off your list, what is your next goal to strive towards?</p>

TIP
USE THE GOAL SETTING PLANNER TO HELP YOU