

Goal Setting Worksheet

Set your goals and mean it:

This is where it all starts. When we get clear about what we want and where we are going actually getting becomes suddenly easier. Here is a way to help you set your long-term and short-term goals that you can come back to again and again.

Tips:

1. Choose things that are highly unique to you and specific to your desires. The more detail you use, the more likely they are to stick because they are intrinsic, and ingrained in your desire.
2. Choose things that have strong internal motivation for you. When you choose goals for other people it's harder to get behind them with the kind of effort and dedication you often need.
3. Your short-term goals should support your long-term goals and be realistic. Make them easy, simple things you can do and be successful at. Ask your teacher for recommendations that make sense and ultimately lead you where you want to go.
4. Reassess your goals every 4-6 weeks and consider putting specific short-term goal benchmarks/dates in your calendar.

MY PILATES GOALS

Long-term Goal #1 _____

Short-term Goal #1 _____

Short-term Goal #2 _____

Short-term Goal #3 _____

Long-term Goal #2 _____

Short-term Goal #1 _____

Short-term Goal #2 _____

Short-term Goal #3 _____

Long-term Goal #3 _____

Short-term Goal #1 _____

Short-term Goal #2 _____

Short-term Goal #3 _____

How to prepare for success:

One of the most helpful tools for creating any kind of goal or plan is to be honest and up front with your self from the beginning and prepare for likely roadblocks.

You know yourself better than anyone else. What usually stands in your way? What is going on in your life right now that might make reaching your fitness goals more challenging?

To Do

1. Make a list of all the ways you think you might get stuck along the way: family obligations, time constraints, guilt, finances, trading in working out for going out...
2. Next, make a plan for how you are going to support yourself in crossing these bridges more successfully.
3. Keep your list handy, maybe even looking at it everyday to help you remember that you are doing something great for yourself and you are ready for when bumps in the road show up.

If you plan ahead for these things and set yourself up for being able to navigate them you'll have a much easier time staying on track.

*Revisit this list every month or so and see what's changed. How can you continue to support yourself given what's going on right now?

Stay present and allow your plan to shift and change. You do, life does, your plan does too.

AND FINALLY...

Choose a Champion:

This is a fun way of helping you stay committed to your goals: find yourself a champion. Who is going to love you and support you, tell you you're doing great and encourage you to keep going even when you don't feel like it? Who is going to keep supporting you and help you be kind to yourself even when you don't?

We all need a champion. Specifically ask someone to be your champion on your journey to a better body, better health. Ask them to support you in a particular way that lines up with your plan from above.