

## The Power of Goal Setting?

Goal setting is an extremely vital tool you will need to achieve your health and fitness goals. Without a clear and defined goal you lose direction of where you are going kind of like driving to a new town without a road map of how to get there, your going to get lost. This is how goals work they keep you focused on where you have to go and they also give you the motivation to continue with your exercise and good eating habits.

It's not enough to simply say I want to lose weight and tone up, oh and yeah gain some fitness as well you have to be really specific with your outcome. The clearer the image you have in your head of the end result the closer you will be of hitting that goal. For example I often have clients that say they want to lose weight but when I ask them how much and within what time frame they often look at me like a deer in the headlights. So I start to ask them the key questions:

*How much weight do you want to lose?*

*Ok now how much do you want to lose within a 3 month period?*

*What dress size will you want to be?*

*How will you feel when you have achieved that goal?*

*Have you something you really want to wear when you get down to that goal?*

*Why are these goals important to you?*

These kinds of questions create enthusiasm, they create motivation, they create focus and most important of all they create ACTION!. When was the last time you asked yourself these questions. Take a moment to write down your answers to each question and don't just quickly write this down really think about how it will feel to achieve these goals.

Once you have clearly set out your goals and why they are important to you, you are ready for the next stage of the goal setting process the 'Action Plans'. The 'Action Plans' are the price you have to pay to achieve your goals, remember that to achieve anything something of equivalent exchange must be lost. This basically means that in order to gain something you have to be prepared to work for it or sacrifice something. For the majority of us this means, spending less time in front of the TV, planning our meals a day in advance, soughting through our schedules so plan more time for exercise. Once you have identified the price you have to pay you then must get busy paying that price. And you can not do it by being inconsistent once you have designed your plans you have to be consistent and follow through.

Make sure that you have plans though within your schedule to reward yourself though, remember its better to focus on progression not perfection. So give yourself time to have that glass of red wine, or that odd meal with your friends on the weekend but remember there is a price you must pay.

For example once a week I usually have some sought of takeout, however I have to train 4 times a week to earn that takeout if I don't do it I don't eat it, that simple.

So remember there is a very simple but very effective way to achieve what you want and this is through goal setting. These steps include:

1. Finding out very clearly what you want?
2. Why those goals are important to you?
3. What price or plans you have to make?
4. And how will you reward yourself for achieving those goals?

If you are currently one of our clients through either Personal Training or Group Exercise talk more to your trainer or instructor about this process we are more than happy to help you achieve the goals you have always wanted to achieve.

Yours sincerely

Denver Oliveux  
(Director of Looking Good and Feeling Great)

PS. To Look Good you have to Train Ugly