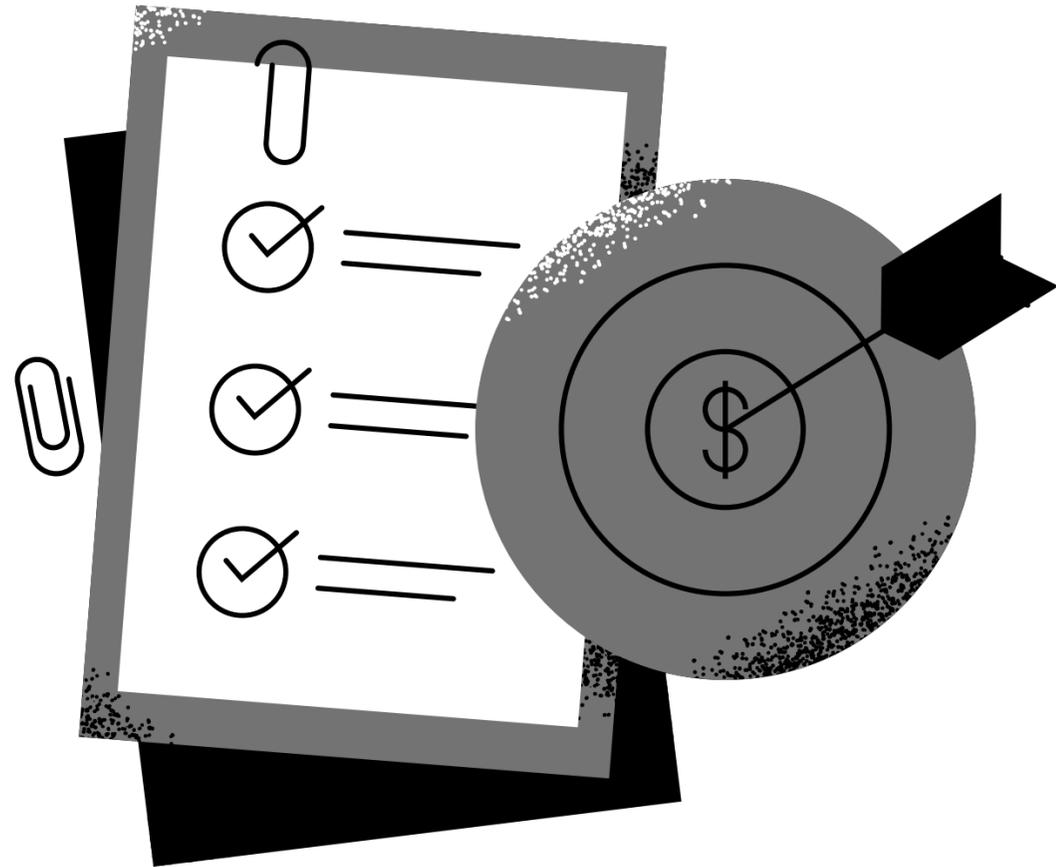


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ONLINE COACHING



Goal Setting

Setting & Achieving goals

Goal Setting



The most important is;

- Finding Your Why
- Define Your Goals
- Create Daily Non-Negotiables
- Create An Action Plan
- The Unstoppable Mindset

1. Finding Your Why



WHY DO YOU WANT TO DO THIS?

Having a vague idea of what you want to achieve and why you want to achieve it, is not a solid way forward. You really need to dig deep and take time to think about why you want to get healthy and lose weight. A good way to start is to envision your life once you have achieved your goals, and ask yourself what you see in your mind? Your 'why' can't be a generic why, it has to be something personal to you, something that is going to drive you to work on your goals, daily.

2. Define Your Goals



BREAK YOUR BIG GOAL INTO SMALLER LITTLE GOALS

Learn how to figure out what your goals should be, based on what you want to change in your life. Steer away from purely having weight loss goals. Meaning instead of just focusing on the scale as a goal, try set goals in all other areas of this process. It could be something as small as wanting to have more energy to take the kids to the park. Or, being able to fit into the jeans that you haven't worn for 5 years.

3. Non-Negotiables



SMALL PRIORITIES ON A DAILY BASIS

Your non-negotiables don't have to be anything drastic at all. These are the actions that are going to help lead you to reaching those goals. Your non-negotiables should be challenging, yet reachable. These are little habits that you are going to push yourself to do on a daily basis, until they become a lifestyle. Examples would be step targets, water intake, getting enough sleep and other small little things you wish to add. Don't make them overly complicated, or else it becomes very difficult to adhere to.

4. The Action Plan



CREATE A PLAN. WRITE IT DOWN.

You need a plan, a system, a structure, and a way to achieve those goals. Don't leave the action plan in your mind, because that is when you forget about it. Write it down so that it becomes real. Take 5 minutes every evening to plot out the following days plan. By having a plan to work according to, you are creating structure and routine, and by doing that you are creating long lasting habits.

5. Unstoppable Mindset



ACHIEVING GOALS REQUIRES A STRONG MINDSET.

You are not the identity that you have created for yourself over the years. You have possibly made yourself believe that you can't achieve success, but your success lies in a changed mindset. And a changed mindset comes about with you breaking that identity, through achieving your goals. Hence why you need to set small achievable goals, so that you can start building that self confidence and believing in yourself and your abilities to succeed.

A Quick Recap



SETTING & ACHIEVING GOALS

