

Successful Goal Planning

Your 10 Step Guide by Donna Marchand, CPT

1 Ultimate long term goal _____

Be specific with your description by imagining you have already reached this goal. Note how you feel.

2 Time frame to reach ultimate goal _____

Be realistic, think about the steps you will take to get you there.

3 Why do you want to achieve this goal?

Think of the emotional reasons that positively motivate you.

4 Brake down your goal in terms of accomplishments within your time frame

Example, Accomplishments in 6 months, three months, weekly, daily.

5 Daily plan of action toward your ultimate goal

Example, Set times for exercise, and meal planning,

6 Write 3 affirmations to inspire you every day

Example, I feel so fantastic and happy with my healthy body I can accomplish anything I set my mind to do.

1 _____

2 _____

3 _____

7 Read your affirmations when you first wake up and before you go to sleep

Always keep your goals in mind and mentally visualize and feel them as already achieved.

8 For every goal achieved, celebrate _____

9 Stay focused, keep a list of accomplishments and set new goals.

10 Take 100 % responsibility for your life and Live with enthusiasm