

FITNESS FIRST 10-WEEK GET FIT NUTRITION PROGRAMME

GOALS: MOVING YOU SUCCESSFULLY FORWARD

Please refer to the step by step guide below to help you establish your true purposeful goal. The more challenging this is to complete, the greater the likelihood that you would benefit from this as a success tool. Difficulty in goal setting could also indicate a propensity to stray from your new healthy habits if you don't have this structure as a guide. So please take time for you to prioritise yourself, your health and your healthy future.

Long Term Goal

This goal is based on your 1 to 4 steps below (your purposeful goal). It is often something very long term. Such as avoiding inherited health conditions to ensure you live to support and enjoy grandchildren, or could be pain/symptom free from a condition that you have been diagnosed with. This goal is the core. The short term goals below help you reach, maintain and achieve this long term purposeful goal.

Long term goal	Why it's worthwhile	How it will impact your life

Short Term Goals

Stay on track

- > Set your milestone goals for the coming year.
- > This follows the same structure as goal setting on the programme. Find an area to improve upon. Set your goal accordingly. Then set a reward for your achievement.
- > The reward needs to excite you and help motivate your success of each goal. As the time extends, your motivational reward should also be greater.
- > Education action could be anything from:
 - > Motivational video/movie, YouTube nutritional free education (choose one on a topic that you feel is an area you need to improve on. For example, if your weakness is sugar or processed foods then search for talks on that).
 - > Register for a cooking course online or weekend course.
 - > Buy online recipe books and decide on a new recipe every week to inspire and excite.
 - > Commit yourself to meeting others that have health interests in the process of changing habits. (forums, communities, Facebook groups). These need to replace the motivation that the 10-week Get Fit Nutrition programme is currently providing you. Remember, you can always revisit this programme any time, even follow it again in sequence.

Goal	What	When	How	Why
4 Week Goal				
Education action				
4 Week Reward				

Goal	What	When	How	Why
3 Month Goal				
Education action				
3 Month Reward				

Goal	What	When	How	Why
6 Month Goal				
Education action				
4 Week Reward				

Goal	What	When	How	Why
3 Week Goal				
Education action				
3 Week Reward				

What = *What is your goal/ reward*

How = *How are you going to achieve your goal*

Why = *Why doing this goal is important to you*

Tip: If you find this challenging, refer to the Long term goal structure and apply the same questioning to establish your weekly goal

GOAL SETTING STRATEGY - BASED ON NLP PRINCIPLES

Why goals are important:

Finding your Focus

Goal setting and finding out the true reason why your goal is worthwhile to you is like finding the key to a treasure chest. When you establish this, motivation is easy, hurdles are no obstacle and if you trip you just jump right back up.

Two types of goals.

1st is a long term goal. This helps focus and motivation throughout the 10-week Fitness First programme. Temptation and distraction will always rear its head. It's your focus and motivations that will help you stay focused.

The 2nd is short term goals that you will set yourself to achieve for each individual week. You will be given weekly prompts and templates. This includes, establishing a weekly goal and a subsequent weekly reward once achieved.

Step by step guide to your purposeful goal: Establishing your goal

7 Steps to helping you find a goal that will motivate and drive you to optimise your achievements with the Fitness First Get Fit Nutrition Programme.

Instructions:

Find a place you enjoy and can concentrate. Take a piece of paper and a pen. Please write your answers to below questions to help you clarify your thought process.

1. **Your current state:**

What problems are you facing right now?

Are you comfortable with your current situation?

What is stopping you from achieving what you want?

2. **Your Desired State**

What specifically do you want to achieve?

How would you know if you had it?

What would happen if you got it?

3. **Evidence**

How will you know that you have achieved your goal?

What measures are you going to use to track your achievements?

4. **Your Values**

What is important to you about achieving your goal?

What does having your goal give you (that you don't have now)? (1)

5. Look at your answers to the above section. Ask yourself, "what is the purpose or intention of (your goal)?" In other words; if you reach (your goal), what does that mean to you?

6. Is your goal worthwhile enough to motivate change even when temptation calls?

7. If it is then it is a good goal to have. It is not motivating, then you may want to re-evaluate your goal choice.

Reference

1. Conversational frame, www.nlpinsingapore.com

2. Keys to achieving an achievable outcome, www.nlpinsingapore.com

3. http://www.huffingtonpost.com/thai-nguyen/hacking-into-your-happy-c_b_6007660.html

4. Argyle, M (2009) *The Physiology of Happiness*, Routledge, London.

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