



**Fitness First**

# **FITNESS FIRST GET FIT NUTRITION PROGRAMME**

## **GOAL SETTING STRATEGY FOCUS SHEET - 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.*

### **2 types of goals.**

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

*The 2nd is a weekly goal 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.*



# MOTIVATE ME **TO FULFIL** MY HEALTH GOAL

## 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.

#### **Review:**

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

6.

#### **Is this motivating:**

If it is then it is a good goal to have. If it is not motivating, then you may want to reevaluate your goal choice.

7.

#### **Stay on track:**

Set your weekly goal. This should be something that will help you toward an objective set in your weekly programme subject. Read the relevant week's programme first before deciding. The important thing is that it progresses you toward your health goal.

Enjoy the challenge and the empowerment it brings.

## **Focus sheet - to help me identify my motivational goal**

### **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?*

### **Desired State**

*What specifically do you want to achieve? How would you know if you had it?  
What would happen if you got it?*

### **Evidence**

*How will you know that you have achieved your goal?  
What measures are you going to use to track your achievements?*

### **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)*

### **What does my goal mean to me?**

*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?*

### **Why or how does this motivate me to change?**

*Is your goal worthwhile enough to motivate change even when temptation calls?  
If it is then it is a good goal to have. It is not motivating, then you may want to reevaluate your goal choice.*

## Set your weekly Goal & Reward

<b>Goal</b>	<b>What</b>	<b>When</b>	<b>How</b>	<b>Why</b>
<b>Weekly Goal</b>				
<b>Weekly Reward</b>				

**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*

### Example of weekly goal:

<b>Goal</b>	<b>What</b>	<b>When</b>	<b>How</b>	<b>Why</b>
<b>Weekly Goal</b>	<i>I will be 100% sugar free for one week.</i>	<i>Starting Monday 17 Last day Sunday 23 January</i>	<i>No biscuits, cakes, sugar in my coffee, sweets and chocolate. No added sugar</i>	<i>Sweets is what I crave I want to control it. It is making me tired and overweight</i>
<b>Weekly Reward</b>	<i>1 hour massage</i>	<i>Sunday night 23 January</i>	<i>At local reflexology</i>	<i>I love it but rarely do it</i>

## Remember my Reward

Rewards are fun. Studies show that if you have something to look forward to it literally alters your brain chemistry when thinking about the upcoming reward releasing endorphins at the mere thought (4). Relaxation and fun are key to health. Rewards give you a reason to prioritise a dash of fun or relaxation in your busy life. After all, you have earned these rewards yourself.

**Long term Reward** - Completion of your Fitness First 10 Week Get Fit Programme. You decide. Here are a few examples to get you started.

<i>Weekend away</i>	<i>Get your colour chart done, then go shopping, spend \$xxx</i>	<i>Day of golf/ deep sea fishing</i>	<i>A day (or weekend) of nothing at all. Rest, read, eat, sleep</i>
<i>Hire a stylist to make you over</i>	<i>Sign up to an exercise class for xx sessions</i>	<i>Book a course on a topic you've always wanted but never done</i>	<i>Renovate a room in the house</i>
<i>Learn something new that excites you</i>	<i>Indulge in whatever it is that relaxes you the most</i>	<i>Do something wild. Sky diving, bungee jumping, safari</i>	<i>Spend \$1000 on yourself in one day</i>
<i>Get a weekend pass card from the kids to kick up your heels</i>	<i>Book tickets to an amazing concert or theatre</i>	<i>Anything at all</i>	<i>You just need to feel totally excited by it.</i>

**Weekly Reward** - Your weekly goal is smaller but just as important. It is only 7 days until the next goal and another reward. Again, it can be anything as long as you love doing it and you look forward to it. Remember, you have to achieve your goal you set before you can reward yourself. Some basic ideas include:

<i>Cozy night in with favourite movie and takeaways</i>	<i>Sleep in on a weekend</i>	<i>Bath with bubbles and a book</i>	<i>1 hour reflexology</i>
<i>Night out with the lads to watch (football, rugby, baseball, golf, tennis)</i>	<i>Sign up to an exercise class for xx sessions</i>	<i>Book a course on a topic you've always wanted but never done</i>	<i>Renovate a room in the house</i>
<i>Go to a movie</i>	<i>Visit the friend I've been wanting to see for a long time</i>	<i>What is your 'happiness key'? Make this your reward</i>	<i>What do you love to do but don't prioritize?</i>

## Reference

1. Conversational frame, [www.nlpinsingapore.com](http://www.nlpinsingapore.com)
2. Keys to achieving an achievable outcome, [www.nlpinsingapore.com](http://www.nlpinsingapore.com)
3. [http://www.huffingtonpost.com/thai-nguyen/hacking-into-your-happy-c\\_b\\_6007660.html](http://www.huffingtonpost.com/thai-nguyen/hacking-into-your-happy-c_b_6007660.html)
4. Argyle, M (2009) *The Physiology of Happiness*, Routledge, London.