

# goals

The best way to achieve your  
GOALS is to make them  
SMARTER.

**S** Specific  
**M** Measurable  
**A** Action-orientated  
**R** Realistic  
**T** Timed  
**E** Evaluated  
**R** Reviewed

For example your goals is to lose weight.

That that's not really a goal. Well not yet.

You need to decide how much weight, and be as specific and detailed as possible how you are going to achieve that.



**SPECIFIC** -let's say your goal is to lose 10 kg in 10 weeks

**MEASURABLE**- how can you measure that goal? Your goal is to lose 10 kg , so that is a loss of 1 kg per week, for the next 10 weeks. Every week you can measure it by weighing yourself.

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**ACTION ORIENTATED** - what will you need to do to lose that 1 kg per week? 1. Stop eating after 7 pm in the evening. 2. Start walking for one hour each day.

**REALISTIC**- are you able to fit in one hour walk each day into your day. Are you able to not eat after 7 pm (maybe you work shifts and that way your body will need fuel). Don't set yourself to fail by putting a huge amount of pressure on yourself when it is not sustainable. For example don't say I will live of 500 calories a day and work out 2 hrs a day. You will do that for a week and then quit.

Has to be realistic. Has to be something you can achieve.

**TIMED** - goal has to have a deadline. So in this case we said 10 weeks. If you don't have a deadline your goal might seem daunting or overwhelming, or you might feel there is no urgency, nether of which will help you focus. So set a deadline. Decide you will do it in X amount of days/weeks/months. Or you will do it by a certain date.

**EVALUATED** Make sure you keep track of your progress daily. Are you doing your walk. Are you refraining from eating after 7 pm. How are you feeling? Give yourself a pat on the back for every day you succeed. And for days you don't then just write them off and start afresh next day. Don't blow it all off for one bad day. Just move on.



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**REVIEW** and readjust if needed. For example, every 3 weeks review your progress. How are you getting on? Are you losing enough weight. If not see what other changes you need to implement. Maybe cut out the sugar from the diet.

Or if you are losing more than you expected? Great, just insure you are not starving yourself as in that way your weight loss won't work, You will just put back the weight back on (and some more) after the dieting is finished. Remember it's about smart goals.

That means losing the weight smartly so it stays off. And we implement some good healthy habits in our life.

Keep in mind every goal that you need to accomplish will be so much easier accomplished if you know your **WHY**.

In this case what would be your **WHY** to lose weight? Is it to fit into that dress, or look better in a bikini? Or to stop your hubby teasing you about the flab on the tummy? Or so you can feel better about yourself? To feel proud when you look in the mirror?

Will it be so you can implement a new healthy habits in your life, such is walking each day and not eating before bed time (where most junk food is consumed out of pure habit and or boredom)?

Will it be so you can prove yourself you can be disciplined when you decide to?

To be a role model for your kids, or your members of family?

**BE VERY CLEAR ON YOUR WHY AS THAT WILL CARRY YOU WHEN TIMES GET TOUGH.**

