



About This Process:

Goals can be the leading force behind our behaviour and choices. By setting goals for ourselves we are planting a seed that can nudge thousand of tiny daily decisions towards a better route for ourselves and achievement. This is not reserved for training and fitness, but can be effective for business, relationships and life also.

The Ultimate Goal should be lofty, big, challenging. You are a member of the most remarkable creature ever to walk the face of this planet. Use your ability to think big here. Bigger goals challenge us more and help us be, do, have and experience more.

Your ultimate goal

How will you know you are living your goal when you achieve it? What markers will you use? For example, what will you be able to do? What will you be that currently are not? Or what will you have that you currently do not? Etc

1.

2.

3.

This or something better?

The progress goals are important milestones and shorter term goals. Some of my ultimate goals may take me ten years to complete. So having goals to achieve along the way can help keep you motivated and enjoy the process a little more.

List three progress goals and a timeline to complete them by. These are goals that you must achieve along the way to your ultimate goal.

1.

2.

3.

The process goals are perhaps the most important component. These are the things you will actually have to do in order to make progress towards your goals: for example: If your ultimate goal is to lose 100lbs a process goal may be to train 4 times per week and eat a ketogenic diet. You may need some help with this process, you may need a professional to help you understand what's necessary to get it done. I for example get help with my process goals for business growth from people much more successful than myself. Get a coach to help you, there's no shame in that.

Now list three process goals. These are actions you must take in order to move closer to your progress goals.

1.

2.

3.

Your Motivation is the final step. Your Why is the most powerful thing you have, the biggest weapon in your arsenal. The world doesn't care if you achieve your goals, nor is it set up to help you. By having a strong connection with your motivation, you will be better able to stay on track when times are tough.

Really think here. List 3 reasons you want to achieve the ultimate goal you wrote down above. These will be the most powerful tool you have for sticking with your processes and ultimately doing what is necessary to achieve your goal. BE HONEST! IT'S ALL ABOUT YOU!

Related reading:

Why Goal Setting isn't working for you

The Power OF Why

How to achieve your goals:

Often it is not nearly enough to write down goals and even processes like you just have done. Action is the only thing that will ever take you closer to your goals. Writing down that you want to play the guitar will not magically make you able to play the guitar. You must practice. You need to buy a guitar, you need to get resources to help you learn the basics, you may need a coach to teach you. Here's a few tips and strategies on how to become one of the few people who achieve their goals.

1. Connect daily with your goals. Motivation is very transient. You will wax and wain in your commitment to your goals. The state of highly motivated and committed you may be in right now will not last, but neither does brushing your teeth. You do that twice a day and I suggest you do the same for your motivation. Read through this document first thing in the morning and last thing when you finish work for the day.
2. The Morning Ritual. Read about and even download this on our website. The first hour of the day can set you up to win or lose. I cannot over state the importance of this vital daily step.
3. Help! Get a mentor, coach or friend to help keep you accountable, nudge you in the right direction when the path isn't exactly clear, chew you out when you screw up and share the success when you get there. You should speak to this person at least every 3 weeks, once a month is not frequent enough.
4. Eliminate the people, habits, places and activities that detract from your progress towards your goals. If your goal is to get really healthy, lean and strong, but your best friend lives at the pub and when you see them you always end up drinking a bottle of wine, You will find yourself struggling to make progress. You may need to make tough decisions between two things you want. You need to decide which you want more and make peace with that decision.

