

Supercharged Goal Setting and Mindset



By: Tanuja Dabir, RHN

About me:

I'm a Registered Holistic Nutritionist with a mission to help you Eat Right. Feel Better and Look Good, by offering easy, practical and sustainable dietary suggestions.

I work with stressed, busy professionals and on-the-go professionals to bust cravings, increase energy, manage weight and fix digestive issues so as to transform their health from the inside out.

I help you eat nutritiously without spending hours in the kitchen or breaking the bank on expensive health foods.



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“People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine.” – Brian Tracy

Where Are You Headed?

When we have a clear vision and path to where we want to go, possibilities become more real. When we become committed, we become unstoppable.

This session is designed to provide you the opportunity to get crystal clear on what it is that you *really* want for yourself and to support you on your journey to live a healthy and fulfilling life **designed by you**. So put your dreams *in writing*. **Step out and live BIG** – otherwise those dreams are simply wishes!

Do not skip this step because this is where you get to start designing your future.

I can't wait to hear what you discover!

Why Set Goals?

Goals help us:

Grow

Overcome

Achieve

Live Bigger

Succeed



Goal Setting

Almost everyone has at least one goal that is top of mind. Oftentimes, though, those goals are more like distant wishes – thoughts of ‘maybe’ or ‘someday’ or “if only things were different, then’... Let’s play “what if.” **What if you had a chance to reach those goals and they were more within your reach than you thought?**

What is it that you ultimately want to achieve? Consider all the goals you may have related to your health, fitness and wellbeing. What lifestyle, career, relationship or spiritual goals have you contemplated? How will those goals get you where you want to go? How will your life look when you achieve all your goals?

This session is your opportunity to dig deep and focus on what you really want. Only when you know what you want can you set goals and then map your plan to reach them. Writing your goals down on paper is a powerful way to set an intention and begin the process of formulating your plan. Studies show that when goals are written down, you have a much higher chance of reaching them. But, there’s more to it than just writing them down.

Over the years, I’ve learned a lot about goal setting. I have implemented much of what I learned in my own life and I’ve shared what I’ve learned and my techniques with my clients. Taking the time to go through this now, may make the difference in what you achieve with this program and in life, in general.

Are you ready to get started?

Clarifying Your Goals

Before taking pen to paper to write down your goals, let’s get clear on what it is you’re striving for so that you set meaningful goals. What is it that you want to achieve? Where is that you want to be?

The best place to start is to **identify your end result (or destination)**. For example, you may say that your goal is to be healthy. Until you define what “healthy” means for you, your goal is pretty vague. However, if you know that being healthy means having a strong immune system, energy, and vitality, being fit, managing your weight, not being on prescriptions, and feeling great and looking youthful, you now know what healthy means to you – being healthy is the destination.

You also want to know your **why** – why do you want to be healthy or where say you want to be.

Finally, **where are you starting from** – what areas of your health are out of balance? Once you're clear on these three things, you can set your goals to get to your destination.

The more closely you can narrow down your goals and pinpoint what you really want, the easier it is to formulate a plan.

If you start out confused or unsure about your goals, it will be more difficult to stay on track or even really know if you're on target. If you were going on a long road trip without a GPS, a map or a destination in mind; who knows where you might end up?

Having clear goals is like knowing how you will get to your destination.

Priorities



It's important next to look at your priorities – the things that are important to you and to which you are committed. This is one step that is often overlooked. Being clear on your priorities will be like your personal GPS to keep you on the right path. When a difficult decision presents itself, recognizing and choosing your best options will be easier when you are clear on your values and priorities.

Let's look at your current priorities and you may be able to see something that needs to shift or change to help you reach your goals.

Tip: Use a blank sheet of paper to list all your priorities and then choose your top 5 and list them on this worksheet.

Identify Your Top 5 Priorities

Another word for priorities is values. Here are some ideas to get you started – yourself, family, friends, health, fitness, spirituality, sports, education, finances, career, adventure, travel, security. These are just a few suggestions, so write whatever *yours* are and while you don't have to stop at five, if you have too long of a list you may end up with competing priorities.

List your top 5 priorities.

1. _____
2. _____
3. _____
4. _____
5. _____

Where are YOU in the list?

You deserve abundant health and happiness and you deserve to feel energetic and amazing! This means putting yourself high on your list if you're not already there. If you're too busy taking care of everyone else, how will you find the time to take care of YOU? **If you don't take care of you now, who is going to take care of your loved ones later?** When you're taking care of yourself, everything is easier and you feel so much better.

Who do you need help or support from in order to put yourself near the top? For example: if your priority is fitness and you plan to exercise in the morning, do you need help or support from your spouse and/or children to make that happen?

Don't skip this step of figuring out your priorities, because it's so important. If your priorities aren't in line with your goals, it's going to be a struggle to reach them and you're going to create more stress in your life.

Honoring Priorities Makes Decisions Easier

Choices depend on priorities and life's circumstances. When your priorities are in line with your goals, you'll be able to formulate a clearer path and reach them sooner.

Be SMART About Your Goals

Putting your goals in writing is the first step to creating a plan you can stick to and help you stay motivated. Keep your goals in a place where you can see them often: notes on your bathroom mirror, office desk or on your smart phone are handy places. Setting your goals using the SMART method results in goals that become the basis for your personal map to success:

- **S – Specific** – this is the WHAT, WHY and HOW of the goal. Focus in on what you really want, why it's important to you and how you plan to achieve it. Decide WHAT you want, WHY you really want it and HOW you see putting a plan in place (if you aren't quite sure right now, it is okay- you will figure this out as you go). For now the HOW can be HOW do you see setting time aside to focus on your health.
- **M – Measurable** – how will you measure your progress? The best way to track your progress is to measure it tangibly. From a health or weight loss perspective, it may be helpful to weigh-in on a schedule, like once or twice a month and take body measurements once a month.
- **A – Achievable** – set a goal that is achievable but that also challenges or stretches you to do more. Set short-term goals or milestones to mark your progress towards your long-term goals.
- **R – Realistic** – be realistic in creating your goals and your plan. For example, wanting to lose 25 pounds in one month is not realistic or desirable, so set a goal that is realistic. Ask for help or feedback if you're unsure whether a goal is realistic or not.
- **T – Time-bound** – it is important to know when you want to achieve your goal. This helps you know if your goal and your plan are realistic. It is also helpful to have a time line to help keep you on track with the milestones you set. If your goal is weight loss, a time frame is good, but it is also important to be aware that

everyone loses weight at different rates and to not get discouraged if weight loss does not happen as quickly as you would like. The other benefit of a timeline with milestones is that it gives you the opportunity to assess your progress and redefine your goals if necessary – they're in writing and not set in stone!

DREAM BIG!



Passion fuels the rocket, but vision - a big dream points the rocket to its ultimate destination. Dream Big! - Steve Jobs

Long Term and Short Term Goal Setting

Start brainstorming your goals. **Write down your goals as if *anything* were possible!** Ask yourself questions: What do you want for your life? What do you want your life, your relationships, your health, your finances, and your career to look like in one, three, or five years? You may also want to include what you want to achieve with this program.

You'll want to set both long-term goals and short-term goals or milestones. For example, you want to achieve a healthy weight and you know that your ideal weight is between 135-140 pounds (your "destination"). You are tired of being at risk for diabetes and you want to feel and look good for your daughter's wedding in six months (your "why"). The last time you weighed yourself you were 245 pounds (where you're at). With this scenario you would have two goals: (1) to lose 100 pounds to hit your long-term goal of 140 pounds at a specific date perhaps a year out and (2) to lose 45-50 pounds (or be in a certain size) in time for the wedding. Setting a goal to lose 105 pounds in six months is likely not achievable in a healthy way.

Be sure to write down your goals and put them somewhere you will see them often - I keep mine on my smart phone. There are all kinds of different apps you can choose from that will also send you reminders, which can be helpful. Great FREE goal setting apps include: AwesomeNote, Toodledo, 2Do and Goal Achiever. There are plenty to choose from!

Don't worry about knowing the exact 'HOW' right now; just write them down. You can figure out the how a little later.

Be Specific

When you are figuring out your SMART goals, be as specific as possible. This will give you a clear mental picture of your goals and the more laser-focused you can get the better.

Let's look at an example of setting a financial goal tied into your health goals. Instead of having a goal of saving money each month, get very specific. What dollar amount do you want to save each month and how can you make that happen? Determine your why and determine if it is attached to one of your priorities. Identify your why and know the point from which you're starting.

"I will eat out only twice a week instead of 6 times (\$20/ meal), cut down on expensive lattes (\$4/ drink) from 12 to 6 and then 3 eventually in the next month. That alone will save me approximately \$100 per week or \$400 a month! Plus this will help me eat healthier home cooked meals and start reducing my dependence on caffeine."

This goal is Specific, Measurable, Achievable, Realistic and Time Bound. It's also in alignment with my priorities.

Putting the Pieces Together

So, you've looked at your top priorities, written down your long-term and short-term SMART goals. And, you've figured out your compelling WHY. Awesome!

Now it's time to map out how to put your plans in place.

Take some time to work backwards on this. By working backwards from the due date to today, you can figure out what needs to be done by when. This gives you a concrete timeline from which to work and live by. Grab a pen and some paper for this or your laptop/tablet. Start brainstorming and create your plan.

Example: If your goal is to lose 30 pounds in 6 months, what does your plan consist of? What plan can you put together?

What is one action you can take today to begin to put this plan in action?

What is another action you can take this week? (Put this on your calendar)

Long-term Goals

1 YEAR FROM NOW

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____



Writing down your goals is important, but even more important is to remember to refer to them often. This helps you stay focused and on track. It also allows you to update and adjust your plan of action as needed.

Feel free to list any other BIG goals you have for your life and don't limit yourself by not listing things you think aren't possible. Just write them down. What if anything were possible, what would you set for your goals?

Long-Term/ Short-Term Goals (or milestones)

6 MONTHS FROM NOW

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

-  pecific
-  easurable
-  ttainable
-  ealistic
-  ime-framed

3 Months From Now

1. _____
2. _____
3. _____
4. _____
5. _____

-  pecific
-  easurable
-  ttainable
-  ealistic
-  ime-framed

1 Month From Now

My goals are: (Be as specific as you can using the SMART formula) and use the present tense.
 Example: "I have lost 10 pounds".

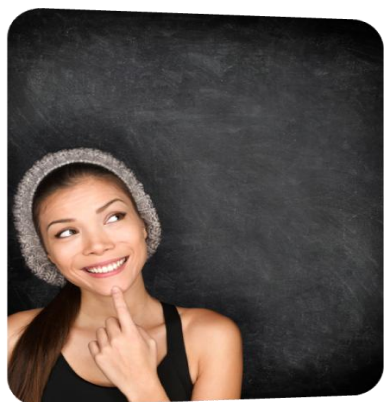
Include areas such as: health, fitness, finances, relationships, career, education, travel, spirituality, etc.

You do not have to limit your list to 5. Write down as many as you want, but start with at least 5.

1. _____
2. _____
3. _____
4. _____
5. _____

 *pecific*
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Your Why



Why do you want to reach your goals? What would that really mean to you and what would that feel like? If you don't have an emotional attachment to your goals, they aren't usually as meaningful or motivating. What's going to get you moving on those days you really don't 'feel like' it?

Maybe you have a goal to lose 20 pounds to fit into a dress for an event. Why is that important? Truth is, it's probably not about the dress. It's most likely about how you will feel; more confident, perhaps. Your why is usually layers underneath your initial answer.

Your "why" is what will help you stay committed when achieving your goal seems hard or challenging.

**** Print this sheet and do this WHY exercise for each goal so that it becomes a driving force for you rather than just a wish.****

Figuring Out Your Why

Here’s an example to walk you through the process if you need help getting started:

I have a goal to _____

because _____

This is important to me because _____

and I want to _____

and feel like _____

because _____

and this would mean _____

(Yes, I know there are a few “because” spaces in there. That’s the most important part in getting to your WHY).

Grab a planner or get one of the suggested apps like AwesomeNote, 2Do, or Toodledo (there are many others too) to set specific goals and help keep you on track. I like these apps because they keep you organized and you have what you need at your fingertips.

Having an initial time frame for when you’d like to accomplish your goals will drive you towards reaching them sooner. Adjust tasks and due dates as needed. We all work smarter when we have a deadline.

Go back over your list of priorities, your WHY and your SMART goals and be sure your goals are in sync with what you really want for your life. How do you really want to spend your time? What makes you happiest? Are your goals in line with that? If yes, that’s great – you’re on your

way. If they're not, just take some time to reevaluate what's most important to you at this time in your life and adjust your goals and your plan accordingly.

Once your goals are in line with your priorities, you have a solid plan in place and you know what you want, deep down inside, you become unstoppable! Keep your goals in front of you often as this will guide you in the direction you want to go.

What you focus on is what you get.

What will you start with TODAY?

“Your goals are the road maps that guide you and show you what is possible for your life.” Les Brown

ACTION ITEMS:

- 1. List your top 3 health goals for the next 3 months***
- 2. Write down ‘why’ you want to achieve them***
- 3. List your top 3 challenges to eating healthy***
- 4. On a scale of 1-10:***
- a. how important is it to priorities your 3 goals.***
- b. how committed are you to achieving them.***
- 5. Who is in your support system while you do this?***