

The background features a light-colored wooden surface with several dried, brown leaves scattered across it. In the bottom right corner, a portion of a green, textured notebook and a gold pen are visible. A large, semi-transparent beige rectangle is centered over the image, containing the text.

WORKBOOK



Goal Setting

Achieve your health and weight loss goals with effective strategies



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Introduction

Hello and welcome. I'm glad that you're here because that means that you want to improve your health and live a better life.

If you're striving for personal growth, this goal-setting workbook is the perfect tool to help you define and attain your objectives. With a step-by-step guide, this workbook will lead you through the process of identifying values and priorities, creating a vision, setting SMARTER goals, and developing an action plan.

By utilising this workbook, you can not only clarify your objectives but also develop a concrete plan to achieve them. Improving your goal-setting skills can enhance your motivation, productivity, and overall success. This workbook is a valuable resource for anyone seeking to enhance their personal or professional development.


If you have any questions or would like some support, please email me on:
contact@fitaliciousnutrition.com

01 Your goals

To get started, let's identify your health and/or weight loss goals. Use the table below to list your top three objectives. Start by thinking about your long-term goal (your destination) and work backwards. For example, if you want to complete a 5k race in six months, you'll need to be able to run 2.5km in three months. This month, your aim should be to run 1km without stopping. We'll break it down even further in the next steps.

If you're unsure about your short and medium-term goals, don't worry. You can leave those columns blank for now and come back to them later. Clarity may come after completing the other activities in this workbook.

Short-term Goals	Medium-term Goals	Long-term Goals



02 5 Whys

Sometimes, our goals are too broad, making it difficult to achieve what we have set out for ourselves. The following strategy, developed by Sakichi Toyoda in the 1930s, can help you identify the root cause of your problem (Example #1) or discover the true motivation behind your objective (Example #2). The first example can be beneficial if you keep setting the same goals each year but struggle to achieve them.

Choose one of the two examples, depending on what you need to achieve your long-term goals.

Example #1: Your goal is to get fit this year

Ask yourself: *Why* do you want to get fit?

Your answer could be: Because currently I can't play with my children.

Ask yourself: *Why* can't you play with your children?

Your answer could be: Because I don't ever exercise so I can't keep up with them.

Ask yourself: *Why* don't you exercise?

Your answer could be: Because I find it hard to find time.


Ask yourself: *Why* do you find it hard to find time?

Your answer could be: Because I work extra hours almost everyday.

Ask yourself: *Why* do you work extra hours everyday?

Your answer could be: Because one of my colleagues left and as a result I have more work and I struggle to complete it all in my work hours.

Right here is the real reason behind your lack of fitness. Unless you sort out the workload situation you will never be able to achieve your goal. Based on this, your goals might be to ask your boss for help so you can finish work on time and join an exercise class.



02 5 Whys - continued

Example #2: Your goal is to lose weight

Ask yourself: *Why* do you want to lose weight?

Your answer could be: Because I want to feel better about the way I look.

Ask yourself: *Why* do you want to feel better about the way that you look?

Your answer could be: Because I want to be more confident when speaking to people.

Ask yourself: *Why* do you want to be more confident when speaking to people?

Your answer could be: Because I want to start dating.

Ask yourself: *Why* do you want to start dating?

Your answer could be: Because I want to find a partner.

Ask yourself: *Why* do you want to find a partner?

Your answer could be: Because I feel lonely and want someone to do fun things with.

And right here is your real motivation behind your goal. Losing weight might not give you more confidence or help you find a partner. Your goal might change to: *Join group activities (volunteering, Spanish class) to help me feel less lonely and build confidence speaking to people.* And who knows who you might meet in the process...



5 Whys

Goal #1:

.....

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Based on the above findings, would you like to amend your goal? If so, write your new goal(s) below.

My new goal(s):

-
-
-



5 Whys

Goal #2:

.....

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Ask yourself: *Why*

Your answer:

Based on the above findings, would you like to amend your goal? If so, write your new goal(s) below.

My new goal(s):

-
-
-



5 Whys

Goal #3:

Ask yourself: *Why* _____

Your answer: _____

Ask yourself: *Why* _____

Your answer: _____

Ask yourself: *Why* _____

Your answer: _____

Ask yourself: *Why* _____

Your answer: _____

Ask yourself: *Why* _____

Your answer: _____

Based on the above findings, would you like to amend your goal? If so, write your new goal(s) below.

My new goal(s):

-
-
-

03 SMARTER goals

Making your goals SMARTER helps you create specific goals with well-defined criteria for success.

S	SPECIFIC	Be very specific with the thing you would like to achieve. What exactly do you want to achieve? A particular dress size? Have a better night's sleep and wake up rested? Going for a walk without being out of breath?
M	MEASURABLE	How are you going to measure progress/know when you achieved the goal? What dress size would you like to fit in? How many hours of sleep would you like to get a night? What distance would you like to be able to walk?
A	ACHIEVABLE	Is the goal realistic given your resources and constraints? Make sure you set yourself up for a success, not a failure.
R	RELEVANT	A goal needs to resonate with you. The results of achieving it should really matter to you. Why do you want to achieve it and how would your life change if you achieved this goal?
T	TIME-BOUND	Set a realistic timeframe in which you would like to achieve your goal. By when would you like to see the results?
E	EXCITING	Your goal must be moving and motivating. Are you enthusiastic about the results? What are the most exciting results you'd like to materialise?
R	RECORDABLE	Measuring milestones and progress can help you ensure that you are getting closer to achieving your goals. How are you going to measure milestones and check progress?

03 SMARTER goals

An example of a SMART goal is:

"I will go out for a 30 minute walk 5 days a week for the next 4 weeks".

This goal ticks all the SMART boxes. However, we can make it even better to increase your chances of success by adding the place and exact time of the set activity:

"I will go out for a 30 minute walk around my local park before work at 7am 5 days a week for the next 4 weeks."

With more detail you now have clarity and a plan, you removed the obstacle of indecision and made it easier for yourself to achieve it.

ACTION:

Go back to your goals and amend them if necessary using the SMARTER criteria.





04 Action Plan

“New goals don’t deliver new results. New lifestyles do. And a lifestyle is a process, not an outcome. For this reason, all of your energy should go into building better habits, not chasing better results.”

James Clear “Atomic Habits”

To achieve our goals, we need to take specific steps. This is where action plans come in handy. Without a solid plan in place, we won't know what to prepare, put in place and do. Think of it as planning for a holiday. Just choosing where to go isn't enough. We need to plan our transport, accommodation, activities and pack accordingly.

ACTION:

Complete an action plan for each of your goals using the pages below and consider the following:

- Identify the steps you need to take to achieve your goal
- Plan for potential obstacles and ways to overcome them
- Ensure you have the necessary resources and support to succeed
- Consider additional training or courses to gain necessary skills
- Schedule regular reviews of your progress and make adjustments as needed

Research shows that monitoring progress increases the likelihood of reaching your goals. During reviews, check if you're on track and adjust your plan if necessary. Make notes and apply changes in the following week/month. With an effective action plan, you'll be on your way to achieving your goals in no time! As a bonus, I attached a **Habit Tracker** at the end of the workbook to help you keep track on your progress.

04 Action Plan

Goal #1:

I will take the following steps to achieve it:

- 1.
- 2.
- 3.

Reflect and make notes for the following:

- Things that could get in my way and how I will overcome them:

For example: If (*this happens*) then I will (*do this*)

.....
.....
.....

- People who might be able to help:

.....

- How and when I'm going to review my goals:

.....

Review your progress (review date:)

.....
.....

04 Action Plan

Goal #2:

I will take the following steps to achieve it:

- 1.
- 2.
- 3.

Reflect and make notes for the following:

- Things that could get in my way and how I will overcome them:

For example: If (*this happens*) then I will (*do this*)

.....
.....
.....

- People who might be able to help:

.....

- How and when I'm going to review my goals:

.....

Review your progress (review date:)

.....
.....

04 Action Plan

Goal #3:

I will take the following steps to achieve it:

- 1.
- 2.
- 3.

Reflect and make notes for the following:

- Things that could get in my way and how I will overcome them:

For example: If (*this happens*) then I will (*do this*)

.....
.....
.....

- People who might be able to help:

.....

- How and when I'm going to review my goals:

.....

Review your progress (review date:)

.....
.....

05 Confidence and self-belief

Hoping to achieve your goals and having deep-rooted confidence in your ability to do so are two distinct things. The latter is what will motivate you to take action and achieve better results. If you lack self-belief due to a poor track record of achieving your goals previously, it is natural to feel doubtful about your ability to achieve your new goals. However, setting challenging, yet realistic goals, and creating a clear action plan can enhance your self-efficacy and boost your confidence.

An excellent way to improve self-belief is to reflect on past accomplishments. Look back at previous achievements such as goals accomplished, promises kept, and hard work that paid off. It's easy to forget our wins and focus on what we haven't managed to achieve yet.

ACTION:

Take the next page and list ten achievements you've made in any area of your life. Celebrate your progress and take pride in your accomplishments.



05 Confidence and self-belief

My achievements and wins to date:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

06 Values

Achieving Your Goals by Aligning with Your Values

Your chances of achieving your goals increase when they align with your values. When your objectives don't relate to anything meaningful to you, the probability of success decreases, as it doesn't promote committed and valued action.

Think of your values as a compass that guides you when you feel lost, demotivated, or have faced setbacks.

ACTION:

To get started, review the list below and circle your top values. You may end up with a lengthy list of 10 to 15 values, but that's okay. I encourage you to repeat the exercise and select only the values that resonate with you and ignite a passion within. Aim for no more than three core values at the end of the exercise.



06 Values

- Accountability
- Achievement
- Adventure
- Authenticity
- Authority
- Balance
- Beauty
- Career
- Challenge
- Collaboration
- Community
- Compassion
- Competency
- Contentment
- Contribution
- Courage
- Creativity
- Curiosity
- Determination
- Diversity
- Efficiency
- Fairness
- Faith
- Fame
- Family
- Financial stability
- Freedom
- Friendships
- Fun
- Giving back
- Gratitude
- Growth
- Happiness
- Health
- Honesty
- Hope
- Improvement
- Independence
- Initiative
- Inner Harmony
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Leisure
- Love
- Loyalty
- Meaningful Work
- Nature
- Openness
- Optimism
- Peace
- Pleasure
- Recognition
- Reputation
- Respect
- Responsibility
- Safety
- Security
- Self-Discipline
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Usefulness
- Wealth
- Well-being
- Wisdom

Write your own:

.....
.....
.....

07 Visualisation

Get Creative and take a visual journey into your future! Grab your favourite stationery and get ready to dive in! This exercise requires some self-reflection, so take your time and don't rush through it. Completing this activity will enable you to visualize your future self once you've accomplished your goals. Remember, if you can dream it, you can achieve it!

ACTION:

On the next page, use the space provided to create a drawing of your future self. Don't worry about being a great artist – this is for your eyes only.

Use all your senses and consider the following:

Your Image:

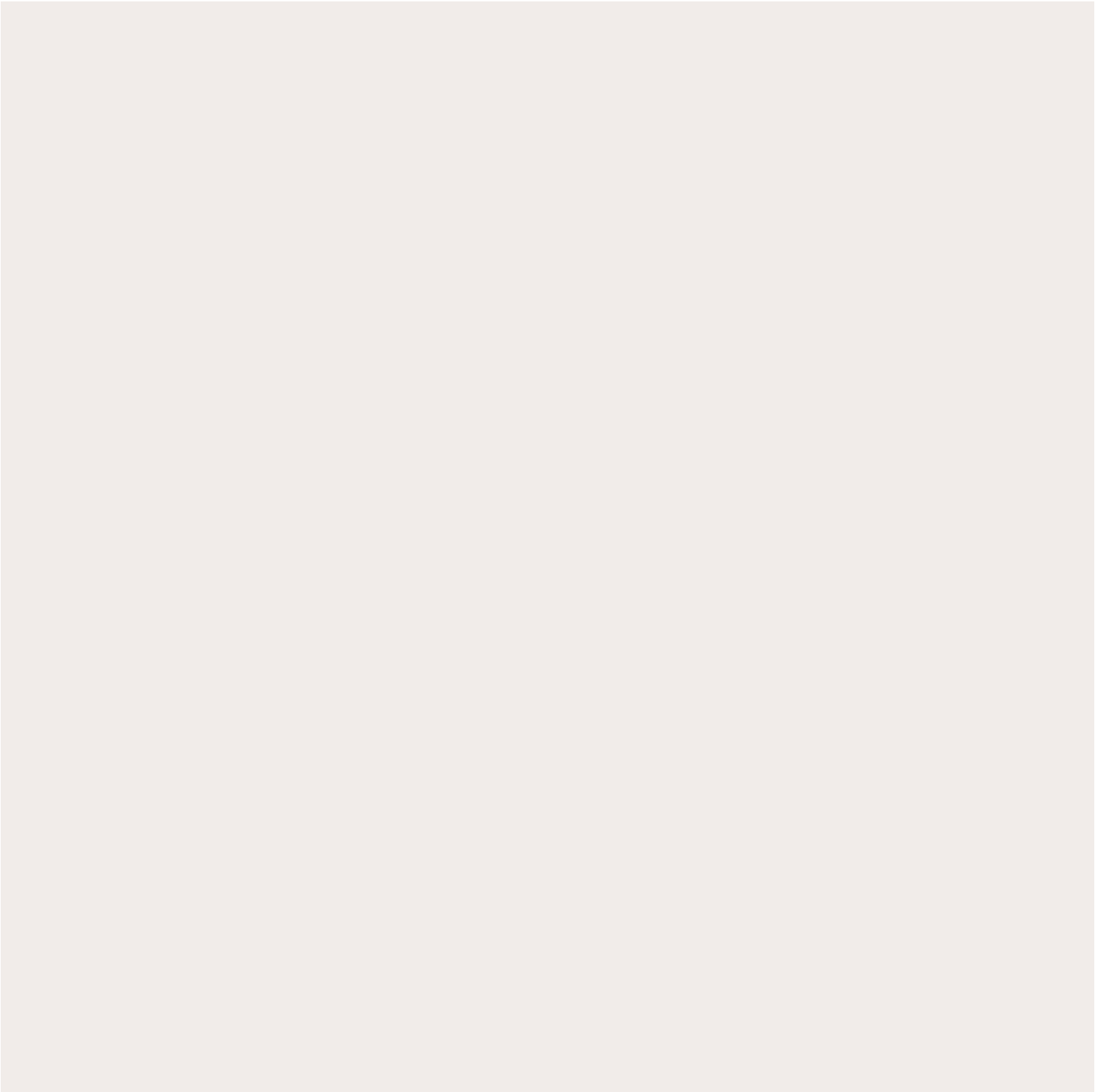
- What do you look like in the future? What clothes are you wearing? What's your facial expression? (e.g. happy, sad)
- What are you holding in your hands? (e.g. phone, book, drink, snack, someone's hand, etc.)

Your Environment:

- What does your environment look like? (e.g. your friends and family, your house, where you spend your time, your job/work station, etc.)
- What do you enjoy doing? (e.g. spend time outside, watch TV)
- What is your favorite food?
- What does your bedtime routine look like? How much sleep do you get?
- What do you do to let your body and mind rest?



07 Visualisation - The Future 'Me'



07 Visualisation Journaling Prompts

✦ How do you feel when you look at your drawing of your future-self?

✦ What does it feel like seeing yourself achieving your goal(s)?

✦ How different does your life look like once you achieved your goals?

✦ Now, let's use your imagination and involve your five senses.

"Experts believe that by getting people to imagine everything about their improved experiences following weight loss – including how things might look, feel, taste, smell, they're better able to make it a reality." (Source: [Fox News](#)).

When you see yourself achieving your goals see if you can describe the experience using all your senses:

- Things that you can **see**:

.....

- Things that you can **smell**:

.....

- Things that you can **taste**:

.....

- Things that you can **hear**:

.....

- Things that you can **feel/touch**:

.....

HABIT Tracker

HABIT	CHECKLIST
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Hey! I'm Aleks

I'm a Weight Loss and Healthy Lifestyle Coach. I'm passionate about supporting women who are looking to move away from constantly dieting and instead improve their diet and build a healthy lifestyle, habits and routine that's sustainable. I want them to enjoy the process without restricting or feeling like they are missing out.

Stay up-to-date with my latest updates and tips by following me on Facebook and Instagram or subscribing to my newsletter.

For coaching enquiries please contact me via website www.fitaliciousnutrition.com

LET'S KEEP IN TOUCH

CONTACT@FITALICIOUSNUTRITION.COM

