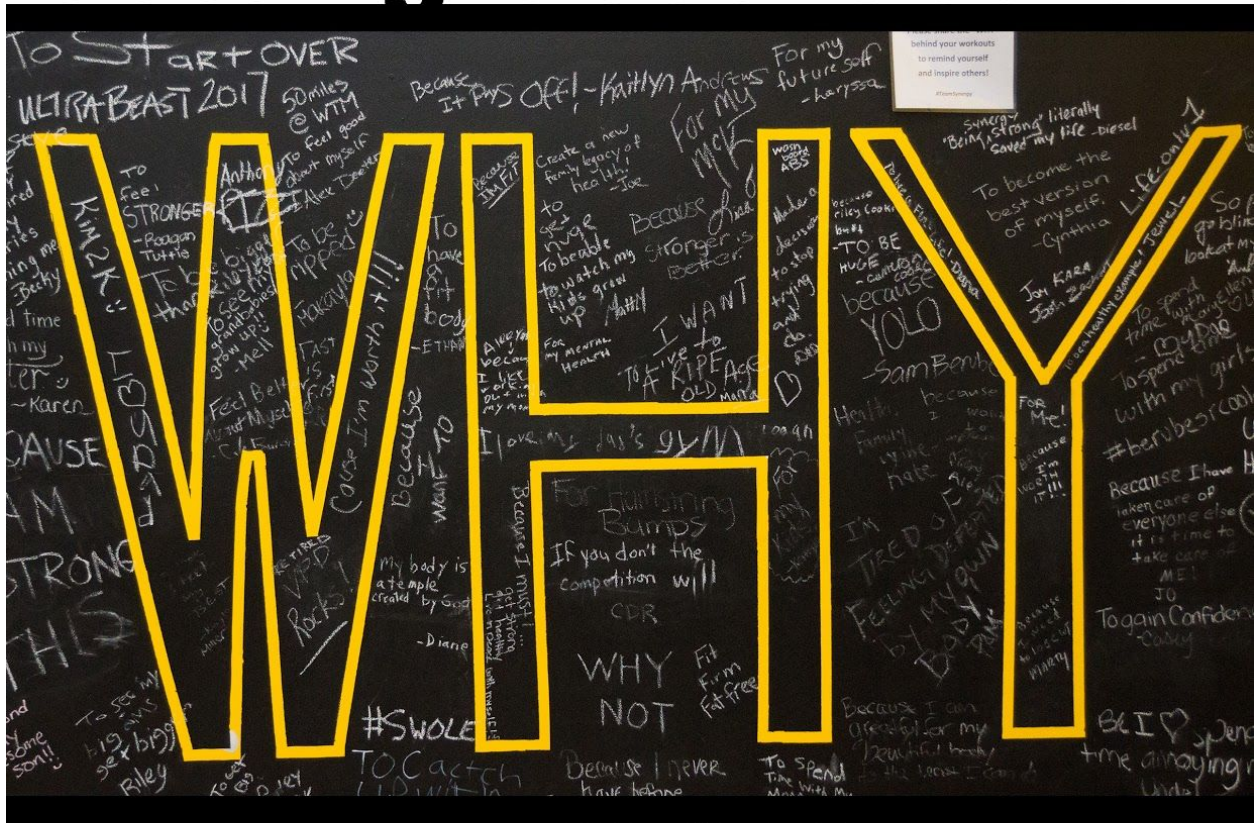


# Setting Good Goals



We build more than bodies

## [Setting Good Goals - Part 1]

Fitness has the power to change every aspect of your life in a positive way, but most never take the time to figure out what it is they want out of it. Taking the time to set the goal might make all the difference.

### **\*Start now\***

You don't need to wait until New Year's Eve, when you're guzzling champagne and picking pieces of confetti out of your hair to set goals. Grab your yellow notepad and a pen and start now.... not Monday, NOW.

### **\*Define what you want\***

Don't just say, "I want to lose weight" or "I want more muscle mass." This is the beauty in fitness: It doesn't need to end with achieving massive biceps or a slim waist. Once that box is checked, move on and start conquering more.



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## [Setting Good Goals - Part 2]

### **\*Make your goals M.A.T.\***

✅ **MEASURABLE:** Whether that means weighing yourself, testing your body fat, or doing some kind of assessment/evaluation. Keep a journal as a record of everything you're doing to achieve your goal (e.g. workouts, diet, goals). It may sound tedious or difficult, but the path to success should be both fun and challenging at times, and you need a way to measure that success as you achieve it.

✅ **ACHIEVABLE:** Set realistic goals for yourself. If you're 40 and have a beer belly, you probably will never be the starting QB for the Dallas Cowboys, but you may eventually make a better training partner for your kid so maybe he can be one day.

✅ **TIMED:** Goals are dreams with a deadline. Set a specific and realistic time to hit them.



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## **\*Acknowledge the hurdles\***

We all have them. Think of the last 3 excuses you had for not working out (e.g. too tired, not enough time in the day, too sore).

Answer these questions:

*What are your weaknesses?*

*Why have you not already achieved the goal you seek?*

*What are the personal, professional, and circumstantial barriers that have gotten in the way?*

*How can your time management be more effective?*

Your goals in fitness will come true only if you work on addressing these issues first. The more paper you use to answer these questions the harder it is going to be to achieve success.



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## [Setting Good Goals - Part 3]

### **\*Make sacrifices\***

What can you do day to day to achieve these goals and what are you willing to give up right now?

### **\*Make your goal public\***

Not only will this hold you accountable, it'll also help you find out who really does want you to succeed. People who want to see you successful will be encouraging and optimistic. The doubters will fill you with negative energy ("You'll never look like that.") Once you identify them, try your best to avoid them, at least until you have your new body and can rub it in their faces.

### **\*Take action, every day\***

What is the first step that you can make right now to put you on your path toward achievement? It is the small daily steps that will create the momentum needed to ignite the drive in your mind and body.



If you take the time to answer these questions and stay true to these tips, you will start to see success on your fitness journey, and maybe in the other aspects of your life as well!

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