

Goal Setting-Success

Did you know that you're 10 times more likely to achieve your goals if you write them down? So, to implement Reinvent's incremental lifestyle changes, my team and I actively encourage you to write down your overall objectives of the programme. This way you can visualise your goals, track your progress, and effectively build your confidence. Could it be simpler?

When it comes to goal setting, you have to be SMART – specific, measurable, accountable, realistic, and time specific.

Set a specific goal

In order to work towards a goal, it has to be specific and focused. 'Losing weight' for example, is far too ambiguous. It's important to think about *what* exactly you would like to achieve? *How* you would like to achieve it? And *why* do you want to do it?

For example: 'I would like to loose 10lbs in 3 months because I would like to fit into my favourite size 12 dress. (I'm currently a size 14). To loose this weight, I would like to banish my sugar cravings and stop grazing on unhealthy snacks throughout the day.'

Make goals measurable

In addition to this, it's important that your goal can be measured. This way, you can track your progress and know *exactly* when your mission is complete. If you can measure your success each week, this will build your momentum, confidence and excitement to keep you focused on achieving your overall end goal. If you have a goal weight in mind, you could measure your progress by writing down each pound you loose every week.

Be accountable

Some people find that keeping a food diary enables them to stay on top of their goals. However, many individuals find this task time-consuming and inconvenient. The beauty of Reinvent though, is that you aren't alone. Don't forget that you have access to thriving online community on both Facebook and the programme's forum to hold you accountable. You also have access to my team members and myself, and believe me – we will make sure your goals are met!

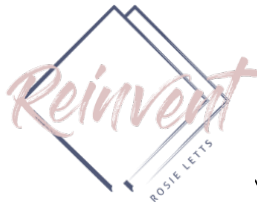
Set a realistic goal

Being realistic is at the heart of goal setting. You need to visualise yourself reaching the goal, so it needs to be challenging without being too daunting. Can you loose 10lbs in 3 months through eating nutrient-dense diet, exercising regularly, and nurturing your emotional wellbeing? Of course you can!

Have a timeframe

If your goal doesn't have a timeframe, you will always find it difficult to motivate yourself. Don't feel limited by how long Reinvent is. Give yourself a realistic time in which your goal can be achieved. It could be 3 weeks or 3 months, just make sure it's doable.

At the end of each mini bitesize-course, watch out for the health questionnaire I've asked you to fill in. This is the perfect opportunity for both you and I to assess how you're getting on with Reinvent, and if you're on track to achieving your health goals.



Your Reinvent Goals

Goal One

What is your **SPECIFIC** goal?

How will you **MEASURE** it?

How will you be **ACCOUNTABLE** for it?

How **REALISTIC** is it?

What **TIMEFRAME** do you have in mind to achieve it?

Goal Two

What is your **SPECIFIC** goal?

How will you **MEASURE** it?

How will you be **ACCOUNTABLE** for it?

How **REALISTIC** is it?

What **TIMEFRAME** do you have in mind to achieve it?

Goal Three

What is your **SPECIFIC** goal?

How will you **MEASURE** it?

How will you be **ACCOUNTABLE** for it?

How **REALISTIC** is it?

What **TIMEFRAME** do you have in mind to achieve it?
