



ELEMENTS

PERSONAL TRAINING

———— *GOAL SETTING!* ————
AN IDIOTS GUIDE
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GOAL SETTING... AN IDIOTS GUIDE!!!

Whether you're an experienced goal-setter or just starting out on your journey, my goal with this ebook is to provide you with valuable insights and a better understanding of goal setting as well as practical tips to help you reach your full potential.

Setting goals is an important part of personal and professional development, as it helps us to focus our efforts and resources towards achieving specific, defined outcomes. By setting clear, achievable goals, we can stay motivated and on track.

In this ebook, I'll explore the basics of goal setting and explain how to avoid the most common pitfalls along the way.

So let's get started! With the right mindset and a clear plan of action, you can turn your dreams into reality and accomplish anything you set your mind to.

Having clear goals is crucial to your success or failure when attempting to accomplish something. Setting specific, measurable goals gives you a target to aim for and a plan to follow. Without well-defined goals and a plan in place, it's not surprising if you don't end up where you want to be.

Consider this analogy: you want to go on vacation to the Ritz Carlton in Central Park, New York on January 15th, 2023. In order to reach this specific destination at a specific time, you need to have a series of smaller, specific goals and a timeline to follow.

For example, you need to book flights from London to New York, pack your luggage the day before, make sure you are at the airport on time, check in and go through security, get on the correct plane, arrive at the correct baggage claim, meet your transfer, and finally arrive at the Ritz Carlton at the specified time.

Each of these smaller goals must be specific and measurable in order to ensure that you reach your end goal.

One useful tool for setting goals is the S.M.A.R.T acronym: Specific, Measurable, Attainable, Relevant, and Time-bound.

By making sure your goals are specific, measurable, attainable, relevant, and have a deadline, you can increase your chances of achieving them. For example, "I want to lose 20% body fat by dexa scan" is a S.M.A.R.T. goal because it is specific (losing a certain percentage of body fat), measurable (using a dexa scan), attainable (depending on your current level of body fat), relevant (to your overall health and fitness), and time-bound (by a certain date). On the other hand, "I want to get in shape" is not a S.M.A.R.T. goal because it is not specific or measurable.





So, now that we know how to set goals, how can we achieve them and stay motivated? The truth is, there is no secret or magic formula. We all have the same potential to achieve great things in life. However, the key factor in the success or failure equation is you.

Think about the kind of person you are. While we all have the same capabilities in theory, some people are willing to endure more hardship, sacrifice, or inconvenience in order to achieve their goals. When setting your goals, ask yourself honestly: what am I willing to endure to do this? How much pain, sacrifice, or inconvenience am I prepared to put myself through in order to achieve what I want?

This will help you understand how ambitious your goals should be. If you're willing to do whatever it takes, then the sky's the limit. Set big goals and plan towards them, even if it takes a while to get there. On the other hand, if you give up at the slightest inconvenience, then set smaller, more manageable goals that are almost impossible to fail. A series of small wins can lead to long-term success, and it also helps to reprogram your mind to see yourself as someone capable of achieving things.

Another important factor in achieving your goals is having a strong enough "why." In order to endure the hardship and suffering that may come with pursuing a goal, your reason for doing so must be powerful enough and the outcome positive enough to outweigh the negative parts of the journey. For many people, the "why" simply isn't big enough, and the change at the end of the road isn't significant enough to justify the effort required to get there. Find a "why" that is powerful enough for you, whether it's a big or small one. Some people work better with lofty goals because their "why" is bigger or their will is stronger. Ultimately, it all leads to the same place in the long term.

Now that we've covered the basics of goal setting and planning, it's time to set some goals. Below is a goal setting template to help guide you through the process. Each step should build on the one before it, and help you to reinforce your goals and ensure you are on the right track. You can use this template for long-term or short-term goals. Take your time and really think about each answer.

<p>What is your end goal?</p> <p>Be specific down to exact and objective information or data.</p>	
<p>How is that end goal going to be measured objectively?</p> <p>And how will you measure data points or success along the way to ensure that you are making progress?</p>	
<p>Is there anything that could make this goal impossible to achieve for you?</p> <p>Think about this!</p>	
<p>Is the goal realistic?</p> <p>Do you have all of the tools, time and ability needed to get this done?</p> <p>List in this box anything that may prevent you succeeding and then work on solutions to remove or minimize them.</p>	
<p>When do you want to have achieved this by and why?</p> <p>What are the time specific intervals that you need to track along the way to make sure you are on track?</p>	

Time specific milestones (use as many as needed)	Date	What do you need to achieve by now?	Did you achieve it?	If not, why not?	If so, tick this box and reward yourself intelligently.
Milestone 1					
Milestone 2					
Milestone 3					
Milestone 4					
Milestone 5					
Milestone 6					
Milestone 7					
Milestone 8					
Milestone 9					
Milestone 10					
Milestone 11					
Milestone 12					

Everything I have written in this book is relevant to any type of goal in any endeavor or profession. The rules remain the same, the variable is you.

Once you know how to set goals, the key is to set the right ones for you and constantly push towards them whether big or small. For some of you impatience is a powerful asset so be impatient and get after it. For others, be patient! So long as you don't stop aiming for progression you will get there eventually.

**GOOD LUCK
AND HIT ME UP ON
SOCIAL MEDIA TO LET
ME KNOW HOW YOU GET ON.**

@elliottupton
in your post workout selfies,
or better yet, videos of your session.



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