

## BREAK BIG GOALS INTO SMALL WINS 🥊



WE ALL HAVE BIG DREAMS—BUT SOMETIMES THEY FEEL SO OVERWHELMING THAT WE DON'T KNOW WHERE TO START. THAT'S WHY BREAKING DOWN THOSE BIG GOALS INTO SMALLER, DAILY WINS IS THE SECRET TO SUCCESS.

Once you've defined your big picture, the key is creating simple daily and weekly habits that move you forward step by step.

Think of it like training at Fightgirl Fitness: you don't master every combo on day one. You show up, practice, and stack small victories until they build into something powerful. The same goes for your goals.

Here's how the Ultimate Goal Setting Workbook helps you do it:

- **Reflect first:** Identify what's been working and where you've hit obstacles.
- **Set meaningful goals:** Write down 3–5 goals that align with your values.
- **Break it down:** Create small daily and weekly action steps.
- **Stay accountable:** Use the habit tracker to keep yourself consistent.

### Bottom Line:

Remember, big success doesn't come from one giant leap—it's built through consistent small steps. Open your workbook, pick one area to focus on this week, and start stacking your wins.





**COMING  
SOON**



## **NEW ACCOUNTABILITY ADD-ON**

Listen up, ladies—Fightgirl Fitness already gives you more accountability than any other gym out there (attendance checks, InBody scans... yeah, we've got you covered). BUT I know some of you still need that extra nudge.

So here's the deal: I'm rolling out a new system. On top of everything else, you're gonna fill out Paula's survey. Yup, YOU. No excuses. You answer the questions, I review them, and then I'll call it like I see it. Straight up. I'll make suggestions, give you the next step, and point you toward the phase you need to be in to CRUSH your goals.

Think of it like this—I'm handing you the roadmap, but you've still gotta drive the damn car. 🚗💨

You want results? You want change? Then do the work. Stay accountable. Let's go.

Stay Unapologetic,  
Coach Paula 🧢

### OCTOBER

15<sup>th</sup> 1000 Rep Challenge

18<sup>th</sup> 7am Advanced Strength Lab

25<sup>th</sup> 7am Advanced Strength Lab

31st Morning Classes Only 🎃