Most goals fail in one (or more) of these key areas:

1. Lack of Identity Shift

People try to **change their actions** without changing their **identity**.

Example: Someone wants to get fit but still sees themselves as "*lazy*" or "*inconsistent*".

Their old identity wins every time.

Fix: Shift to "*I am the type of person who never skips a workout.*" Identity drives behavior.

2. No Clear System or Plan

Goals without systems are just wishes. People focus on the **outcome** but don't create a **daily process** to get there. (SportsPsychMike's Ultimate Goal Setting Guide can help you create one.)

Example: "I want to lose 20 lbs" vs. "I will drink 16oz of sodium mineral water upon waking, eat at least 50g of protein every meal, and walk a minimum of 10,000 steps daily."

Fix: Focus on small **repeatable actions,** not just big results.

SPORTS PSYCH MIKE
Lets get Mental

GOALS & OBJECTIVES

DIRECT ATTENTION

3. Relying on Motivation Instead of Discipline

Motivation is temporary, but discipline is habitual.
People fail when they only act when they "feel like it."

Example: "I'll work out when I have the energy" vs. "I work out every morning at 7 AM following one of SportsPsychMike's **one of a kind** Mental AND Physical Strength & Conditioning Programs**."

Fix: Make a non-negotiable system with **SportsPsychMike's Ultimate Goal Setting Guide.**

4. Setting Vague Goals

I want to be successful is too broad. I will increase my income by 20% this year through ___ is better.

Example: "*I want to be successful.*"

Fix: Use **SportsPsychMike's** empirically validated **Ultimate Goal Setting Guide** to create **SMART** (Specific, Measurable, Achievable, Relevant, Time-Bound), **WOOP** Method (Gabriele Oettingen, 2014); The **GROW** Model (Whitmore, 1992); **Kaizen** Approach (Continuous Improvement, Lean Thinking); **Implementation Intentions** (Peter Gollwitzer, 1999); and more..

5. No Accountability or Feedback Loop

Without accountability, it's easy to quit when things get tough.

Find a mentor, coach, or accountability partner. **Track progress** (see worksheets below).

MONITOR 7

Goals are always Works-in-Progress

- Log daily and weekly efforts in a 168hr goal log or Bullet Journal to:
  - Change strategies and readjust the plan as needed
  - "RECALCULATING"
  - Schedule your own weekly Goal IPR into your phone or on Facebook or a journal
  - Celebrate Successes!

visit/revise your goal process?

st/measure your progress?

bility or Battle Buddy?

and challenge your accountability

SPORTS PSYCH MIKE — STICKING T

Contingency planning / Recalculatin

The secret to making a lasting char series of if / then statements for you

Create a list of how you'll respond t scenarios and use these whenever follow through on a negative impuls easy to stick with your commitment a clear set of instructions for every

Sometimes our thoughts, feelings, c us from fulfilling our wishes. Identif obstacle raises your awareness abc preventing you from achieving your

You may have to dig deep to find yo Once you identify your internal obst your mind, and imagine it. See and t experiencing the obstacle. Then cru

Develop Your Motiona

6. Not Planning for Obstacles

IF/THEN

People quit at the first sign of failure because they never planned for it.

Example (IF): "I'll work out daily" What happens when I'm sick, busy or don't feel like it?

Fix (THEN): Have a fallback plan (e.g., If I don't feel like it I have an accountability in place (community), I'm tapped into my core values and purpose, and I work out in the morning so the day doesn't get too "busy" for me).

BLUFF - Bottom Line Up Front:

Most goals fail because people focus on results instead of identity, systems, and consistency. When you master those, success becomes automatic.

Which area do you think affects you the most?