



Goal Setting

January 2018

Why Is Goal Setting Important?

If 2018 was to be the best year of your life, what would you want to happen?

Think about it and write it down. Clear goals enable you to release your full potential for personal and professional success. Goals enable you to overcome any obstacles and to make your future achievement unlimited.

How could you possibly hit a target you can't see?

What I would love to see you do, is to set one or two goals for the main areas of your life it can be career, finances, health/fitness, relationship, anything you feel you need to work on.

Start with your 12-month goal and work backwards setting mini milestones along the way at 6, 3, and 1 month. Write down a weekly schedule so that you will achieve that one-month goal, and before you know it, what seems impossible suddenly looks possible.

When setting your goals, remember to make them **SMART**.

- **Specific:** Get fitter just won't cut it. Try "Run/walk the ZY fun run on the 10th May"
- **Measurable:** Make sure you can clearly track your goal, and take regular measurements along the way
- **Achievable:** When you do map out the plan, make sure it is achievable. You don't want to set expectations that are unreachable.
- **Realistic:** Like achievable but a notch higher. Based on your workload, be completely honest with yourself and what you are capable of. Look at your workload and set realistic goals.
- **Time based:** Nothing beats a deadline. Set the date, mark it in your calendar. Now you're locked and loaded!



Evie's Eats - Tropical Delight Smoothie

Ingredients:

- 1/2 mango
- 1/4 cup papaya or 1/2 pear
- Handful of raspberries
- 1/2 cup coconut water
- 1 tsp. lime juice
- 1/2 cup ice

Method:

1. Blend everything together until frothy and smooth. Enjoy!



Quote of the Month - Action Is The Foundational Key To All Success!



For more health and training tips, recipes and videos like us on Facebook or follow us on Instagram.



Take control your life, be happy! – rock on!

Till next month...*Evie*