

Goal Setting

Hi! I'm here to talk to you about goal-setting. I want you to get as much out of the Holiday Health Warrior Challenge that you can, and part of that is creating a goal (or a couple) to work toward throughout the next 6 weeks.

Goal-setting is all about building successful habits. In a recent study on human behavior, researcher Phillippa Lally discovered that it takes about 66 days to create new habits. In reality, there's not a set amount of time to create new habits. It's different for everyone, but 66 days is long enough to build a habit that you can tap into at any time in your life.

So here we go...goal-setting!

1. Choose a goal that is realistic and attainable for the next 6-weeks. You can make your 6-week goal part of a bigger goal, but make sure you have something to work toward by the end of 6-weeks.
2. Think about WHY you want to achieve this goal. Your WHY is very important because when you're struggling to change your habits, your WHY is what will get you through the tough times. So be clear on what you want to change and why you want to change it.

****When you decide on a goal, and after thinking about the WHY, you realize that maybe it's not really a goal that you want to accomplish (maybe you just thought you should want a particular goal, or maybe you are creating goals based on others' opinions, or maybe it's a goal you've wanted in the past but now you really don't want it), then change your goal to match the vision that you have of yourself and your life. Your goals should make you happy!**

Now, take the time to answer the following questions. They will help you decide on your why, and they'll tie your goals to how you'll feel, which is a great motivator.

- a. What would your life look like if you created habits that lead you to your goal over the next 6-weeks?
- b. What sort of ripple effect would your new habits/reaching your goal have on the rest of your life? What about the effects it would have on other people's lives?
- c. What would your life look like if you DON'T follow through? How would not keeping the promise you made to yourself make you feel?
- d. What are the top hurdles you're facing when it comes to reaching your goal?

What to expect during the first week:

This is going to be hard. You're intentionally trying to change habits that have not gotten you to your goal. You will be making changes, and anytime changes are made, things get kind of crazy for a little while. You may be sore, tired (exhausted), and cranky...But this will pass.

If you stay on the path you've chosen for yourself, you will find that it's worth it! With the small changes you make, you're creating new habits and you're staying focused on your goal.

What to expect during weeks 2 and 3:

Things get a lot easier! Your brain is starting to understand the changes you're making, and your body is growing accustomed to your new habits. You'll start to see the benefits of sticking to your habits, which is a great motivator. Just make sure to stay consistent.

What to expect after week 3:

Once you're past day 21, you know that you can do this! You've already been through the beginning phases, and you've gotten used to it. Now it's just staying consistent, focusing on your goals, and paying attention to the benefits you're seeing since creating habits for success!

Don't forget to look at your goals daily. When they're on your mind, you're more likely to do something that will bring you closer to achieving them. Also, don't be afraid to readjust your goals as you need. Maybe you found that you're stronger than you thought and can take on more than you thought. Maybe you found that you bit off more than you can chew and need to dial it down. Either way, you're making sure you reach your goals!

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