

Goal SETTING

START DATE: ___/___/___

END DATE: ___/___/___

Best Future Self

3 months from now I wake up at _____ in _____. I feel _____. The very first thing I do is _____. My morning routine consists of _____. After accomplishing my routine I feel _____. For work I _____. My work makes me _____. The effort I put in _____. My income is _____. My familial relationships are _____. I show up as _____ in my familial relationships. My social relationships are _____. I show up as _____ in my social relationships. My romantic relationship(s) is/are _____. I show up as _____ in my romantic relationship(s). I feel _____ in my body. For movement I _____. My health _____. My diet _____. My hobbies include _____. The thing that brings me the most fulfillment is _____. As my day winds down I feel _____. My evening routine consists of _____. As I drift off to sleep I feel _____.

One goal I will achieve in the next 3 months from the BFS exercise is:

Why is this goal important to me?

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW WILL THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS GOAL SUPPORT DREAMS?	
T	<u>TIME BOUND</u> WHEN WILL I ACCOMPLISH THIS GOAL?	

PROXIMAL GOALS	
<u>WEEK 1</u>	_____
<u>WEEK 2</u>	_____
<u>WEEK 3</u>	_____
<u>WEEK 4</u>	_____
<u>WEEK 5</u>	_____
<u>WEEK 6</u>	_____
<u>WEEK 7</u>	_____
<u>WEEK 8</u>	_____
<u>WEEK 9</u>	_____
<u>WEEK 10</u>	_____
<u>WEEK 11</u>	_____
<u>WEEK 12</u>	_____

My goal:

MY WHY

WILLPOWER BOOSTERS

Create rules to live by - break goals down into smaller chunks - distract yourself - reframe your thoughts - avoidance - want what you want to want - adjust pain to pleasure ratio

IS THIS A GOOD GOAL?

- Intrinsic
- Authentic
- Approach oriented
- Harmonious
- Activity-based
- Stated in the positive

POTENTIAL PITFALLS

I, _____, have a goal to _____
over a 12 week period. I will motivate myself by _____.
If I do not reach my goal, I will reassess my plan and better tailor it to meet my
needs. Once I meet my goal I will reward myself with _____.
X _____

NOTES