

GOAL 1: *Lose 10kgs in 6 months* *01.09.23*

TYPE *Health & Fitness* Medium (3-6 months) ☒ Long (6 months +) ☐

BRAINSTORM / MIND MAP

meal prep *Healthy cookbooks* *Healthier alternatives* *get rid of junk*

Quit current gym

find one I actually want to go to

KX *F45* *first*

- keep jeans around as reminder

Your value will be not what you know; it will be what you share.

GINNI ROMETTY

LONG-TERM GOAL 01

WRITE YOUR GOAL

Write the goal you want to achieve.

TIMELINE

Write the date you decided to start your goal.

BRAINSTORM

Use this space to get creative and use a mind mapping or brainstorming technique to visualise your goal.

WHAT
Lose 10kgs in the next 6 months. Also regain my confidence and control in my life. I've been feeling flat and negative which has led me to realise I need to change something.

WHAT IS THE FEELING I AM CHASING? Energetic, Fit & Proud!

WHY I want to feel better about myself. I've been feeling physically out of it and I don't fit into my favourite jeans anymore. I need to regain control and gain more energy - I don't want to feel sorry for myself anymore!

WHEN I want to achieve my goals within 3 months
1st month - Get into a gym and a routine
2nd month - Reach PBs and continue routine
3rd month - Take it all the way and achieve my goal

HOW Join a new gym and go multiple times a week.
* Get a gym buddy that will get me motivated to reach my goals.
* Get healthy recipes and plan meal preps for the week.
I need to stick to the eating plan to get better results

REWARD
Hawaiian holiday with friends!!! I want that feeling of confidence in my bikini and fit into older clothes.

KEY MILESTONES

1. Lose first 2kg	17/09/23	<input type="radio"/>
2. Lose first 5kg	31/09/23	<input type="radio"/>
3. Fit into old jeans	25/10/23	<input type="radio"/>
4. Run 5k without stopping	29/10/23	<input type="radio"/>
5. 1 week without sugar	10/11/23	<input type="radio"/>

THINGS TO DO

Join new gym	09/09/23	<input type="radio"/>
Gym buddy	26/09/23	<input type="radio"/>
Buy new sneakers	10/09/23	<input type="radio"/>
Research + plan meal prep	11/09/23	<input type="radio"/>
Cull junk food	25/10/23	<input type="radio"/>
Body positivity mantra	10/10/23	<input type="radio"/>
See dietician	01/10/23	<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

OUTCOME
I feel better than ever!! I fit into my old jeans and have so much energy and confidence. I've got the motivation to reach higher goals.

DATE COMPLETE 21/11/23

MIGOALS 2023 DIARY

LONG-TERM GOAL 01

KEY MILESTONES

Break down your goal into key milestones in order for you to stay motivated, committed and making progress.

THINGS TO DO

Choose to focus on the key things that need to be actioned in order to achieve this goal. Small daily tasks should be left out of this as it is about focusing on the key things that will help you achieve your key milestones and overall goal.

OUTCOME

What was the final result of the goal? Did you achieve it and how did it feel?