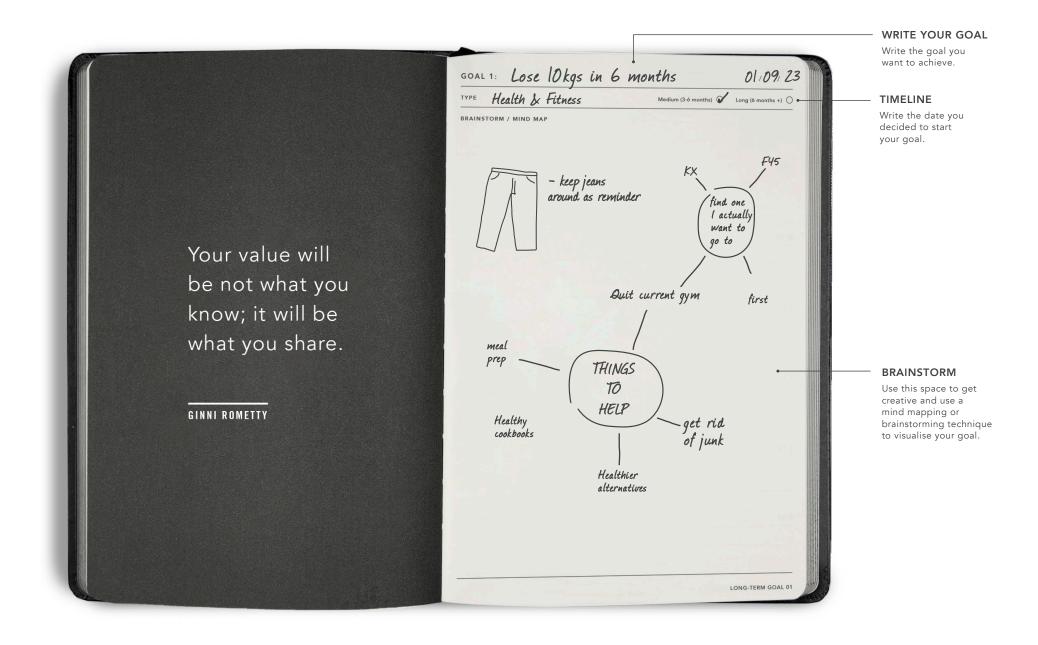
HOW TO SET YOUR LONG-TERM GOALS

BRAINSTORMING



MIGOALS 2023 DIARY DIARY DIARY

WHAT	KEY MILESTONES	KEY MILESTONES
Lose Okgs in the next 6 months. Also regain my confidence	. Lose first Zkg 17/09/23 °	Break down your goa into key milestones ir
and control in my life. Ive been feeling flat and negative which	2 Lose first 5kg 31/09/230	order for you to stay
has led me to realise I need to change something.	3. Fit into old jeans 25/10/230	motivated, committed
	Run 5k without stopping 29/10/230	and making progress.
WHAT IS THE FEELING I AM CHASING? Energetic, Fit & Proud!	s. I week without sugar 10/11/23 0	
WHY I want to feel better about myself. I've been feeling physically	THINGS TO DO	THINGS TO DO
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	Join new gym 09/09/230	Choose to focus on the
to regain control and gain more energy - I don't want to feel sorry	Gym buddy 26/09/230	key things that need
for myself anymore!	Buy new sneakers 10/09/23 0	be actioned in order achieve this goal. Sm
	Research + plan meal prep 11/09/23 0	daily tasks should be
	Cull junk food 25/10/23 0	out of this as it is abo
WHEN I want to achieve my goals within 3 months	Body positivity mantra 10/10/23 0	that will help you ach
1st month - Get into a gym and a routine	See dietician 01/10/23 0	your key milestones a
2nd month - Reach PBs and continue routine	0	overall goal.
3rd month - Take it all the way and achieve my goal	0	
	0	
	0	
HOW lain a new arm and as multiple times a week	0	
* Get a gym buddy that will get me motivated to reach my goals.	0	
* Get healthy recipes and plan meal preps for the week.	0	
I need to stick to the eating plan to get better results	0	
	0	
	. 0	
REWARD	OUTCOME	OUTCOME
Hawaiian holiday with friends!!! I want that feeling	I feel better than ever!! I fit into my old jeans	What was the final resu
of confidence in my bikini and fit into older clothes.	and have so much energy and confidence. (ve got the	of the goal? Did you
The second of th	motivation to reach higher goals.	achieve it and how did it feel?
MIGGALS 2023 DIARY	PROCESSION W TOUR PRESENTE YOURS.	and it leet.
	DATE COMPLETE 2 1 1 / 23	

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