



# Make 2024 AWESOME - Achieve ALL your goals!

Let's make 2024 AWESOME. Use this form and the accompanying video with multi-award winning High Performance Coach and CEO of Awesome Supplements Ben Coomber to set the stage for a year of achieving your goals. This form will take you through key questions and the process Ben outlines in the video, then hit send (ensure you put in your email) and you'll get a copy of this form in your email you can print or refer to to keep you focused on your goals.

Be warned, this isn't a 5 minute process, which is a key reason so many don't achieve their goals, they don't put enough time into this process. This process deserves a good hour of your time to outline, consider, and commit to all that you want to achieve in 2024. So create some time and space for it, you deserve it...

Write down a vision statement for yourself for 2024 - what does your life look like by Dec 2024, what have you achieved?

Now, let's write down your goals that will lead you to your vision i.e.

1. Complete a marathon by Sept 24
2. Lose 2 stone by June 2024
3. Increase my leg strength to support my training and fix my knee pain
4. Maximise my energy and daily performance so I can increase my productivity
5. Go on 3 adventures abroad this year with my partner

It doesn't matter how many, or how few, break your vision down into goals here....

Write down what you think you have to do to achieve those goals, what are the actions you need to do weekly i.e.

1. Adjust my diet in X way to achieve the weight loss goal
  2. Work with a coach on my marathon training
  3. Identify the best leg training program for my goals
  4. Optimise my sleep, diet, hydration and supplements to maximise my energy and performance
  5. Sit down with my partner and plan our adventures for the year
- Goals are nothing without action...

**Write down what you think your daily routine looks like to achieve your goals, what are the key things you need to commit to i.e.**

1. Go to bed at 9.45pm so I can be asleep by 10:15pm and get 8 hours sleep per night
2. Drink 500ml of water as soon as I wake up with 1/3 scoop of electrolytes in it
3. Eat X type of meal for breakfast for X reason
4. Ensure I have my meals planned for the day, given my goals for my health, performance and body composition are X...
5. ....

It's your day to shape, but keep your vision for yourself front and centre...

**What key actions do you need to perform and commit to weekly, such as your training or play time or adventure time, for you to achieve your goals i.e.**

1. Ensure I get to the gym 2x per week for my lower body training sessions - without being too strict on days
2. Make 6am my weekly run time 3x per week for my marathon training
3. Plan a long walk with friends at the weekend
4. Plan a 2 hour X at the weekend so I can do Y...

**You week needs blocks of time and actions to do what it is you want with your time, while working towards your goal (always accounting for rest, play and recovery, life isn't just about doing things and achieving things...)**

**What roadblocks do you feel you might encounter on this journey towards your goals, and what solutions can you put in place now to counteract them from happening, or effectively deal with them when they arise i.e.**

1. My friends always want to go to X restaurant for dinner, which I don't like / isn't healthy, I'm going to find and suggest a new place to eat that has options I enjoy and work for my goals
2. I'm going to keep my training plan flexible so if I get ill or tired or work gets stressful, I can move things about to easily accommodate the chaos of life
3. I'm going to take all my supplements with dinner so I don't forget, as I'm good at forgetting to take them
4. I'm going to book a weekly recurring food shop online so I'm accountable to the food order being done and me getting food I need and want for my goals
5. ....

**Roadblocks can be situations, environments, people, places, all manner of things, lets solve for them now so we can anticipate them throwing us off course...**

**Do you feel personally accountable to your goals, or do you want to find some added accountability to your goals, such as:**

1. Publicly announce your goals online or with a supportive friend
  2. Find a friend or environment or program to support the journey, they will hold you to account and make you show up
  3. Create weekly goals so you can be accountable to a process that is consistent and repeatable and track is somewhere clearly like on your fridge door
  4. Invest in yourself in some way to show how serious you are, a new training outfit, a coach, a supplement bundle, a new gym membership, get serious and put some cash on the table
- It's not a weakness to need added accountability, it just is what it is, do whatever it is you need to create the environment of success you need...

**What excuses do you usually make as to WHY you can't achieve your goals? List them below, along with solutions to those excuses...**

i.e. I always say I don't have time, but the reality is I do if I changes my priorities or approach and did X instead

**Last bit, write a few words to yourself, tell yourself WHY you are going to achieve these goals, what it means to you to do so, and why you are AWESOME...**