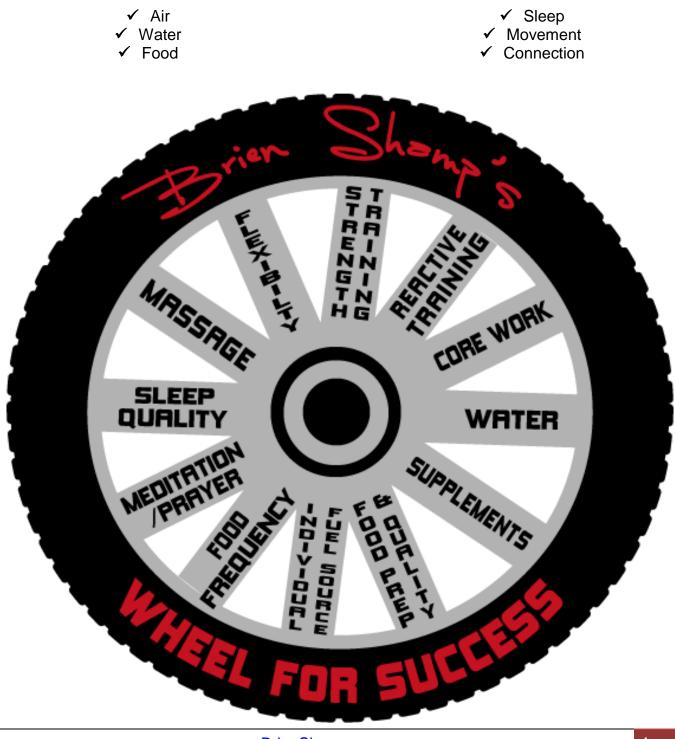


The Path To Achieving Your Goals in 2012

Are Your Daily Needs Being Met?



www.BrienShamp.com 650-654-4604



Name: _____

_Date:

HEALTH & FITNESS GOALS (Please check specific goals):

1		
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Goal	
Improved strength	Have more energy
Improve flexibility	Have more endurance
Improve cardiovascular fitness	Increase sex drive
Increase muscle tone	Improve complexion
Improve eating habits	Have stronger nails
Lose body fat	Gave healthier hair
Gain muscle mass	Be less moody
Reduce stress	Be less depressed
Rehabilitate an injury	Be less indecisive
Improve performance in a sport	Feel more motivated
Improve quality of life	Be more organized
Improve speed and agility	Think more clearly & be more focused
Begin a regular exercise program	Improve memory
Be free of pain	Do better on tests
Sleep better	Not to be dependent on over the counter
	medications (Tylenol, aspirin, benadryl,
	sleeping aids, etc)
Have agreeable breath	Stop using laxatives or stool softeners
Have agreeable body odor	Get less colds & flus
Improve digestion	Better self esteem
Other:	Other:

2. LIFE GOALS:

(Please check specific goals)

Improve a relationship	Get in a relationship
Complete something from the	Find your true vocation (calling):
past:	
Make more money	Write a book
Go back to school	Other:
Find a fulfilling job	Other:
Spend more time on your	Other:
passions:	



- 3. Now that you answered the questions above, <u>what do you really want</u>? What is underneath looking better (i.e. losing body fat, gaining more muscle). Take your time here and reflect on this question for a couple days.
- 4. What are your life values (What is important to you?-Rank level of importance)?
- 5. CREATE your goals: Be as descriptive as you can to get the best results.

Example: It is now Jan 31	, 2011 (Future Date) and I am/have completed my first month at Brien's Boot Camp. Waking
<u>up is tough, but I have lo</u>	st body fat, feel better, have more energy, feel less stressed (be specific about what you will
see & feel at a future date	e) and when I look in the mirror I love what I am seeing (pick something that triggers
<u>emotion)</u> (End Step).	
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	(End Step).
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(Future Date) and I am/have	
	(End Step).
	(Future Date) and I am/have (Future Date) and I am/have



6. Please list any self-destructive lifestyle habits (i.e. smoking, lack of exercise, addictions, etc.) (Work with your coach

on the above): ____

7. Are there any obstacles that may prevent you from achieving your goals?

(Is your work or school schedule, financial situation, or lack of family support likely to pose a problem? What can you do this time to avoid pitfalls that you faced the last time you had a goal?) Work with your coach on the above

Potential barriers and how I will counteract them: ____

8. Why do you want to achieve these goals?

I want to achieve my goals because:

9. What are the <u>structures</u> that will make the achievement of these <u>goals inevitable</u> (What is the game plan)? (Many will not know what to out here because this is the missing ingredient for goal achievement). It is best to work with a coach at least once a month for accountability.



10. What might it cost you if you don't significantly improve your lifestyle and any underlying contributors to compromise health? (For example: vitality, longevity, joy, happiness, peace of mind, future physical independence, current and/or future relationships, career effectiveness, etc.)

I want to achieve my goals because otherwise it will **cost me**:______

11. Are you prepared to make the lifestyle changes that will allow you to acquire your goals? (Small changes

often produce major results.)

To acquire this change I will (see #7): ______

12. How will you know if you reach your goals?

When I am successful I will:

- 13. What is the present level of commitment to change the underlying causes of problem(s) that relate to your lifestyle? (Rate from 1-10, with 10 being 100% committed.)
- 14. Does your family and friends support you and your decision for success in achieving your goals?_____

My social support is: _____

My coach is: _____

My coaching meeting is:

I, ______ (Signature) agree to follow the structures that will allow me to achieve my goals. I agree to have an open mind and do something positive for myself daily. Success is for me.

Review your goals daily and keep them where you can see them. I highly recommend using a daily journal to reflect on things that come up during the day. In addition, it is a good practice to reflect on the gifts and the challenges of the day. Journal these reflections and work with a coach or spiritual director for best results.