

“SUCCESS IS A CHOICE”

Step Two– Set Demanding Goals

Dreams

Where we want to end up.

Vs.

Goals

How we get there.

How To Select Your Goals

Goals will help us overcome our weaknesses. Refer back to the last exercise.

Don't Make Unrealistic Goals

Don't Set The Bar Too Low

EXERCISE

Make a list of your dreams.

Now select one of these dreams and set up a series of goals that will get you there.

Goals

When

1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____
5) _____	_____
6) _____	_____
7) _____	_____
8) _____	_____
9) _____	_____
10) _____	_____

When you do this exercise with your team members and/or clients, be sure to be more specific and ask them for a personal fitness and/or health dream or fitness career dream.