

# Sticking to your goal



For this exercise we'll focus on one goal. Think about the ONE thing that you want to work on NOW. Write it down.

Make your goal SMART. Make it specific (what exactly do you want to accomplish?), measurable (what measurable indication will you get once you've reach your goal?), achievable (how can you achieve this goal?), relevant (why does this matter now?) and time-bound (when is your target date). Write down the details before you write your goal statement.

Specific

Measurable

Achievable

Realistic

Time-bound

## GOAL STATEMENT

What is your reason for having this goal? Ask yourself why, using the goal statement in the block above. Once you gave your answer, use that answer and again ask, why is this important to me, and again with the new answer. Continue this 6 to 7 times and write your final "why" down.

Make it smaller. If you want to achieve the goal at the end of this year, divide it into months and then weeks and even days, if possible. Ask yourself, what do I want to achieve by the end of ... (closer date & easier goal).

What is the (daily) habit that you want to create that will take you to this goal? If your habit is to lose 10kg, what new habit will you implement that will help you to lose and keep off that weight? Without a new habit, old habits will prevail.



What challenges might you have that will hinder your progress? How will you address it? Note: One of the best ways to help you in habit creation is to change your environment. If you always go for the cookies, stop buying them. If you snooze your alarm, place your phone far from your bed - change your environment. Also think about the times you need the most willpower and try to eliminate it.

Possible problem	How to address

Make the deliberate decision that this is what you want and that you will do whatever it takes. How will you regularly remind yourself of this decision?

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## IF YOU'RE REQUIRED TO USE WILLPOWER, YOU HAVEN'T MADE UP YOUR MIND. BENJAMIN HARDY

Set up commitments. What will ensure you follow through? The more commitments, the better your chances of success. Ideas: Investing upfront, making it public, keeping score against the wall, getting an accountability partner, give out a progress report.

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New behaviour leads to a new identity. Who is that new identity? What do you see once you've become this new person? What changes are there? Without an identity shift, you're goal will not last long, or soon after achieving it you'll fall back to your identity. A healthy eating person falls back to eating healthy after a weekend of eating only cake. What do you want to fall back to?

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## YOU ARE WORTH IT. BELIEVE IT. SEE YOURSELF HAVING THIS. REMIND YOURSELF OF WHO YOU NOW ARE.

The quicker you can reset from a mistake, the less that mistake will matter. Avoid saying, "I'll start again tomorrow" - a new identity means you don't have to start, you are. A smoker trying to quit should say, "I'm not smoking anymore", not "I'm trying to quit". See the difference? Remember who you are. How will you reset after a mistake or missed attempt?

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How will you reflect and remind yourself until this new identity is formed? Without reflection you might not even notice a drift and without reminders we tend to fall back on what we know best. Ideas: Journaling, habit charts, meditate, time out, plan your day, daily affirmations, vision cards, visual reminders and success scores.

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## IF YOU CHANGE THE WAY YOU LOOK AT THINGS, THE THINGS YOU LOOK AT CHANGE. WAYNE DYER