

GOAL SETTING

NAME _____

DOB _____

TRAINER _____

DATE _____

Our desire is to help you believe and achieve so you can receive what you deserve. Your goals don't have to be a dream, today will be the start of your new reality.

What specifically do you want?	
Why is this important to you? (health, kids, confidence)	
What must happen for you to realize you hit your goal?	
What changes/actions are needed to achieve this goal?	
What is the first thing you can start doing TODAY?	
How long do you think this takes?	

BENEFITS OF YOUR GOAL(S)

Benefit 1	
Benefit 2	
Benefit 3	

OBSTACLES

Potential Obstacle	Plan to overcome
Potential Obstacle	Plan to overcome
Potential Obstacle	Plan to overcome