

The background of the slide is a dense, light pink overlay of strawberry images. In the center, there is a circular pattern of small pink dots, with a larger, solid pink circle in the middle. The word "POP" is written in a large, bold, black, italicized sans-serif font, with the central pink circle acting as the letter 'O'.

POP

FITNESS

Goal Setting

Types of Goals

Outcome-Based Goals

These goals are the end result you'd like to achieve.

In fitness & nutrition these are often numbers-based (you want to lose X number of pounds; you want to do 5 unassisted pull-ups; you want to run 10km without stopping)

Outcome based goals are a good start. They allow you to visualize the BIG picture....**BUT** you need some direction & steps on how to get there.

Types of Goals

Behaviour-Based Goals

These goals are the action steps that you're willing and able to take to move you in the direction towards your desired outcome

You **CAN** control your behaviors. You can further split these behaviour goals into a:

Nutrition behaviour

Exercise behaviour

Lifestyle behaviour

Types of Goals

Behaviour-Based Goals

Based on our outcome goal example of losing weight (let's say 5 pounds)

Your behaviour goals might be as follows:

Nutrition behaviour: Prioritize protein & track macros consistently each week

Exercise behaviour: Add 3 strength training sessions in each week

Lifestyle behaviour: Manage stress by taking a nightly hot shower, read 2 chapters of my favourite book before bed, & aim for lights out by 10:00pm

What is your WHY??

I want you to get very clear on your
WHY.

Why do you want to achieve the goal(s) you have set out for yourself?

Does your goal(s) align with who you are, where you are, your values, your current stress & energy levels?

Are you setting this goal(s) for **YOU** and your intentions?

General Guidelines

When embarking on any journey it is important to first reflect on why you have chosen this journey, what you want to accomplish, and how you plan on accomplishing or achieving your goals. The simplest way to begin goal setting is to follow the **SMART** principle:

SPECIFIC

Try to define your goal in as much detail as possible.

Think about the 4 'W's (who, what, where, & when). Break down a larger goal into smaller more manageable goals if needed.

General Guidelines - SMART

MEASURABLE

How are you going to track your progress toward your goal(s)? Try to create defined ways to measure your progress/outcome.

ACTION-ORIENTED

Have you described your goal using action-oriented verbs? (strengthen, capitalize, formulate, launch, execute...).

Outline your action-oriented steps.

General Guidelines - SMART

REALISTIC

Set goals that will set you up for success. Be realistic at what you think you can accomplish. Evaluate any obstacles in your way or any resources you will need.

TIME-FRAMED

Give yourself a specific start & end date to accomplish your goals.

Let's Start!

Outline your OUTCOME-BASED GOAL

One goal I'd like to reach is:

WHY?

- How will reaching my outcome-based goal further improve my life or make me happier?
- How do I want to feel after reaching my outcome-based goal?
- What am I willing to do to reach this goal?
- What am I not willing to do?
- Are my goal & timeline realistic for me right now?
- Am I pursuing this goal for myself, or for someone else / pressure?
- Does my goal align with how I want to spend my time, attention, and energy?

Keep going!

Create your BEHAVIOUR-BASED goals (aim for 2-4)

Remember these are the action steps that you're willing and able to take to move you in the direction towards your desired outcome

1.

2.

3.

4.

Keep going!

Look back at your **BEHAVIOUR-BASED** goals

Ask yourself:

Do I feel like I could get a quick win with these goals?

Am I excited to start working on these goals?

Am I ready to start working on these goals?

How confident am I that I will be able to stick to these behaviours consistently?

ACTION!

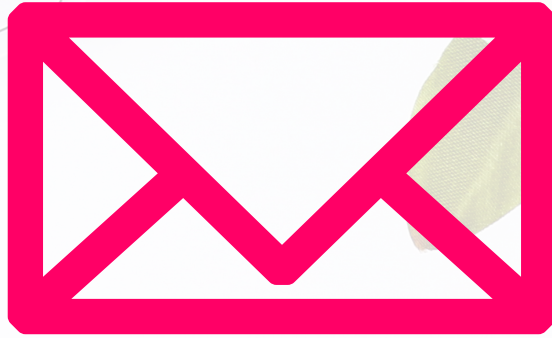
Let's begin to build our intentions!

How are you going to make your behavior-based goals a reality?

List the exact blueprint of how you intend to consistently stick to your behaviour goals in order to reach your outcome-based goal.

Be as **SPECIFIC** as possible!

Contact me for more info !



info@popfitness.ca

