# **Brainfit**<sup>®</sup> Goal Setting Worksheet

**Directions:** Fill in the boxes below to help you set a meaningful goal for the year ahead! Use a new worksheet for each goal you set for yourself. Remember for the best results, make your goal as specific and positive as possible! Recognizing these moments will make it easier to celebrate your progress and keep motivated throughout the year!

If you get stuck, see over page for an example

My Goal is	I will measure my progress by
will feel, what you will see, hear, taste, or smell when you achieve your goal	The first 3 steps I will take towards achieving my goal are    1.    2.    3.
I will check my progress Weekly / Monthly Quarterly (circle one) Starting on (insert date)	When I achieve my goal I will reward myself with

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My Goal is...

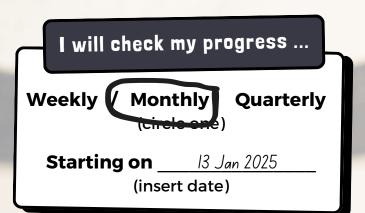
To exercise for at least 20 mins a day, 5 days a week in 2025

So that...

<u>l feel better about myself & l</u> <u>know I am giving my brain th</u>e blood and oxygen it needs

Visualize your success: How you will feel, what you will see, hear, taste, or smell when you achieve your goal...

- I will feel energized, strong & proud of myself for sticking to my goal.
- I will feel less stressed/anxious, with a calmer, more positive mindset from consistent exercise.
- I will see myself becoming fitter and stronger over time
- I will hear encouraging thoughts in my mind, reminding me of the progress I've made and how far I've come.



## I will measure my progress by...

Keeping a calendar on the fridge and ticking off the days as I do them

#### The first 3 steps I will take towards achieving my aoal are...

1. Buying some new exercise shoes

- 2. Printing a calendar for each month to put on the fridge so I can tick days off
- **3.** Telling my friends what I am doing and asking if anyone wants to join me

### When I achieve my goal I will reward myself with ...

After I month - A manicure and a pedicure at the mall

After 6 months - A lunch out with friends After 12 months - A visit to a Day Spa