





# YOUR WEBINAR HOST & SPEAKERS

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ALLIANCE OF PRESTIGE & CREDIBILITY

dotFIT WEBINAR SERIES



## TODAY'S TOPIC

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# Strategies to Make Your Goal a Reality



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# INFORMATION IS NOT TRANSFORMATION

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- If information was enough, we'd all be skinny, rich and stress-free.
- Changing your behavior is a process and it's not easy





ALLIANCE OF PRESTIGE & CREDIBILITY

STRATEGIES TO MAKE YOUR GOAL A REALITY



## KEY POINT

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STOP looking for a quick fix



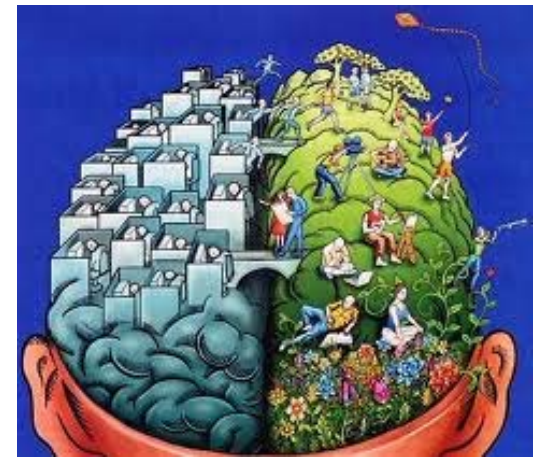
**It doesn't exist**





## WHAT DRIVES YOUR BEHAVIOR?

- Is it logic or emotion?
  - ✓ It's EMOTION
- Left brain – logical side
  - ✓ You **know** what to do
- Right brain – emotional side
  - ✓ ***But you don't do it, you go for the instant gratification***





ALLIANCE OF PRESTIGE & CREDIBILITY

STRATEGIES TO MAKE YOUR GOAL A REALITY



## KEY POINTS

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We can train our right brain to work  
***FOR*** us, instead of against us

The field of positive psychology and  
behavior modification pave a path to  
success





# THE POWER OF HABITS

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## ➤ Habits

- ✓ The actions we take on a consistent basis
- ✓ Allow us to operate on auto-pilot
- 95% of everything we feel, say & do are a result of our habits
  - ✓ They are responsible for where we are now
    - ✓ Larry Bird, NBA Hall of Fame Player





ALLIANCE OF PRESTIGE & CREDIBILITY

STRATEGIES TO MAKE YOUR GOAL A REALITY



## KEY POINT

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You *can* change your habits  
so they *serve you...*

...and it's really the only way.



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## THE POWER OF HAVING A VISION

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- People who succeed know what they want and why they want it.
  - ✓ *They are driven by positive emotions - their passions, values and purpose.*
  - ✓ *They are at least 6 times more likely to create new habits to reach their goals.*





YOUR GOALS. ACHIEVED.

STRATEGIES TO MAKE YOUR GOAL A REALITY

# THE POWER OF HAVING A VISION

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Your vision gives you the motivation  
to stick to the process

*When you know WHY, you'll endure  
any HOW*



## STEP 1 - CREATE YOUR VISION

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- **Write down** the answers to these questions:
- ✓ What do you value most?
  - ✓ How does your health and fitness relate to what's important to you?
  - ✓ Envision your ideal self. What do you look like?
  - ✓ What do you feel like?
  - ✓ What are you doing?
  - ✓ What are you NOT doing?
  - ✓ What are the benefits to realizing your vision?

## STEP 1 - CREATE YOUR VISION

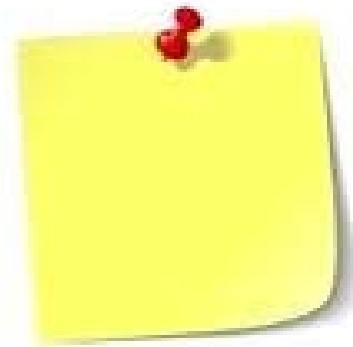
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- **Write down** the answers to these questions:
- ✓ What are your strengths that will help you?
  - ✓ When have you been successful in the past?
  - ✓ What accomplishments are you proud of?
  - ✓ Who can provide support?
  - ✓ What resources can you use along the way?
  - ✓ What would life be like if you reached your vision?
  - ✓ What would life be like if you didn't?

## COMMIT TO YOUR VISION

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- Write it down in the present, sign your name and share it with someone
- Post cues to remind you of your vision
  - ✓ Sticky note on mirror
  - ✓ Schedule daily appt to review
  - ✓ Find a photo or paint an image



## SAMPLE VISION STATEMENTS

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- I have healthy eating habits and I'm a good role model for my kids.
- I maintain my ideal weight and size with a healthful diet and activity that brings me joy.
- I am 20 pounds lighter, I am strong, energetic, confident and in control of my health and wellness.
- I am 40 and fit, and I look and feel fantastic in a bathing suit.

 YOUR GOALS. ACHIEVED.

STRATEGIES TO MAKE YOUR GOAL A REALITY



## STEP 2 – SET 90 DAY GOALS

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**“Goals are dreams with deadlines.” –**  
*Diana Scharf Hunt*



## STEP 2 – SET 90 DAY GOALS

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- The significance of 90 days
- Questions to answer:
  - ✓ What do you want to accomplish in the next 90 days?
  - ✓ What behaviors will help you reach your vision?
  - ✓ Write down 3-5 in order of importance



## SAMPLE 90 DAY GOALS

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- I will do cardio for 45 minutes, 5 days a week
- I will strength train for 30 minutes, 3 days a week
- I will drink 6 glasses of water a day
- I will eat 5 servings of fruits and vegetables daily
- I will log what I eat 5 out of 7 days a week

## KEY POINT

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Short-term goals without a long-term vision lead to temporary results

## STEP 3 – SET WEEKLY S.M.A.R.T GOALS

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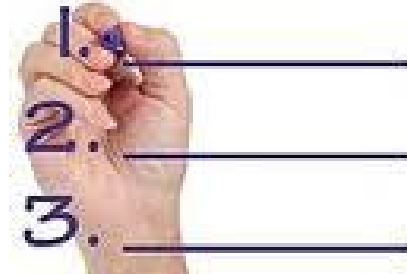
- Provide specific actions needed to reach 90 day goals and vision
  - ✓ New Year's resolutions focus on the outcome but lack the steps to produce it
- “*You become what you repeatedly do.*” - Aristotle



## STEP 3 – SET WEEKLY S.M.A.R.T GOALS

- Identify 1-5 things you'd like to work on
  - ✓ S – specific – what, when
  - ✓ M – measureable – how much
  - ✓ A – action-based
  - ✓ R – relevant - to the 90 day goal
  - ✓ T – time-bound
- You want to evoke your right brain with repeated success

SMART Goals



1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_



## VAGUE VERSUS S.M.A.R.T GOALS

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- I will drink more water **VS.** I will drink 1 glass of water with lunch and dinner 5 days a week
- I will workout regularly **VS.** I will do an aerobic class after work, 3 days a week
- I will eat 5 servings of fruits and vegetables a day **VS.** I will eat a piece of fruit at breakfast and snack 4 days a week.

## KEY POINT

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Goals should stretch you, yet you should feel confident you can achieve them

## STEP 4 – EVALUATE PROGRESS WEEKLY

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- Review what went well over the past week.
- Recall your best experiences.
- For your weekly SMART goals, calculate your percent success rate
  - ✓ Goal: Drink 1 glass of water at lunch and dinner 5 days/week
  - ✓ Result: 3 days = 60% success



## STEP 4 – EVALUATE PROGRESS WEEKLY

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### ➤ Questions to answer:

- ✓ What contributed to your success?
- ✓ What could have made it higher?
- ✓ What challenges did you face?
- ✓ Is this goal too ambitious or too easy?
- ✓ What are you getting out of this goal?
- ✓ How confident are you that you can maintain this behavior in the next few weeks?



## STEP 5 – MAKE ADJUSTMENTS AS NEEDED

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- Adjust or set new weekly goals
- Assess confidence
- Evaluate whether your weekly goals are moving you toward your 90 day goals and vision
- Focus on success, best experiences, and strengths
- Share results with someone





# DEALING WITH CHALLENGES

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I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

-Michael Jordan-



***Trial and correction***, not trial and error leads to success.



# DEALING WITH CHALLENGES

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- **KEY STEP - Create a “Relapse Prevention Plan.”**
  - ✓ Brainstorm potential challenges
  - ✓ Identify triggers that put you at risk
    - ✓ People, places, environments, situations
  - ✓ What other challenges do you think will arise?



# DEALING WITH CHALLENGES

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- How have you overcome challenges in the past?
- What strengths will help you?
- Who can provide support & feedback?
- Make a List
  - ✓ Column 1 – Challenges
  - ✓ Column 2 – Solutions & Preventive Steps
    - ✓ Of these, which ones will not change? Put these aside
    - ✓ Which do you think need to be addressed first?

# DEALING WITH CHALLENGES

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- Use the Path of Least Resistance
  - Reduce the barriers to change to less than **20 seconds** for your weekly SMART goals
  - Increase the barriers to more than 20 seconds for habits that prevent you from reaching your goals
    - Sample SMART goal: I will eat fruit at lunch and snack 5 out of 7 days a week





# DEALING WITH CHALLENGES

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The past doesn't determine your future unless you carry it with you into the present. Forgiving yourself and others, you free the universe to begin again at any moment. – *Marianne Williamson*



## SUMMARY

- Creating new habits is a process and leads to lasting change
- Create a vision of your ideal self
- Set 90 day goals
- Set weekly SMART goals
- Track success rate weekly
- Adjust along the way
- Use setbacks to learn and grow

small change...  
**BIG** difference!

## QUESTIONS? WE'VE GOT ANSWERS

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- Use the **Go To Meeting window** on the right side of your screen.
  - ✓ Click the **QUESTIONS** tab and type in your question.
- More questions? Email us at [edu@dotfit.com](mailto:edu@dotfit.com)



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me.