



Jules Duncan Coaching

GOAL SETTING



What is your goal?

In 8 weeks time, what do you want to achieve?

Think of your goal, picture yourself in your head, watch it like a movie. In the movie is you, Future You, in 8 weeks time, having achieved the goal.

What do you see Future You doing?

How does Future You feel?

What does Future You wear?

What are her habits?

What workouts does she do?

We now have a better idea of where we are going!

Here is the big question.

WHY do you want to achieve this goal?

WHY do you want to be the Future You in the movie?

WHY is this important to you?

The journey to loving the life you live can be long, it can have obstacles, you need a meaningful and important WHY to keep your focus! If your WHY doesn't excite and motivate you, go back to the top, reassess your goal, is that REALLY what you want to achieve?

Setting The Goal

You need a goal that is SAV!

Specific, Achievable and Valued!

Write down your goal, the ask;

Is it specific?

"I want to be able to run further" is not specific.

"I want to be able to run 3 miles" is specific.

Is it achievable?

Be realistic with your goal. If you use a 4kg kettlebell for your workouts now, saying you want to increase this to a 12kg by the end of the challenge is not realistic/achievable however aiming for a 6 or 8kg is. Set a goal that is a stretch but not one that is out of reach!

Is it Valued?

Do you really want it? Does it relate to your WHY? Is it worth dedicating your time and energy to?

Reach out to me and let me know what your goal is!