

GOAL SETTING

GET FOCUSED - BELIEVE YOU CAN - NO EXCUSES MENTALITY - ACHIEVE ANYTHING!

Never underestimate the power of a positive mindset and goal setting.

Taking the time to write your specific goals down, why they're important to you and setting a deadline for achievement is very powerful. Clearly define your goals for the next 8 weeks, 6 months and 12 months.

WHAT WILL I ACHIEVE OVER THE NEXT 8 WEEKS?

WHY IS IT IMPORTANT TO ME & WHY MUST I ACHIEVE THIS GOAL?

BREAKING BAD HABITS

This exercise is designed to identify patterns in your life that addictive, destructive & habitual.

DESTRUCTIVE HABIT	PLAN OF ACTION TO CHANGE
<i>E.g. drink in excess of 15 alcoholic drinks per week</i>	<i>Set myself a weekly limit of 5 drinks. Have no alcohol in the house, instead of catching up with friends for drinks on Thursday or Friday night, catch up for a workout</i>
<i>E.g. Eat a bowl of icecream every night</i>	<i>Don't Buy it, if it's not in the freezer I can't eat it.</i>

MY SHORT TERM GOAL:	<i>WILL be achieved by:</i>	<i>ACHIEVED - YES / NO</i> <i>Reward:</i>
MY MID TERM GOAL:	<i>WILL be achieved by:</i>	<i>Reward: ACHIEVED - YES / NO</i>
MY LONG TERM GOAL:	<i>WILL be achieved by:</i>	<i>Reward: ACHIEVED - YES / NO</i>

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25% of people abandon their New Year's Resolutions after just 1 WEEK!

60% abandon them within 6 months.

Here is your action plan to make sure this is your best year yet.

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DID YOU KNOW...

“Simply writing your goals down increases the likelihood of achieving that goal by 42%...”

The Function Well team are here with you every step of the way.

ACTION PLAN

STEP 1: Set your goals and write them down

STEP 2: Plan your monthly training sessions in advance > Use the schedule overleaf

STEP 3: Use the power of habit stacking > Go to the Function Well App > 30 Day Challenge

STEP 4: Knowledge is power. Go to the Function Well App > 'Online Portal' for cutting edge training, nutrition and lifestyle protocols to have you performing at your best in and out of the gym

STEP 5: Be accountable. Get a coach or workout buddy and stay consistent.

