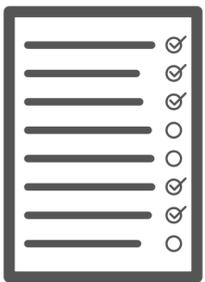

6 SIMPLE STRATEGIES TO HIT YOUR GOALS



1

CELEBRATE WHERE YOU'RE AT!

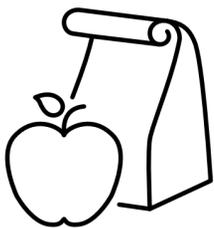
Always, always, always, start with your strengths! What are you already doing well? Where are you winning? What is working? It is so much harder to get motivated if you start in a deficit mindset. Acknowledge where you are being successful and build on that!



2

HAVE A PLAN

I'm sure you've heard the saying- "if you fail to plan, then you plan to fail." Sounds harsh, but it's true. You will not accidentally achieve your goals. You must be intentional, purposeful, and have a plan. So, take the time and plan it all out! Your meals, snacks, when you'll workout, what you're going to train, how you will spend your morning, when you will grocery shop, etc.



3

BE PREPARED

Once your week is planned, it's time to do the prep! Prep snacks and lunches to start so you're less tempted to grab something that doesn't fit your goals. Have water bottle filled and ready at the start of each day.



4

BE REALISTIC

Don't create more issues with restrictions. If you have a sweet tooth, plan for a daily treat. If you aren't currently working out, start with a goal of getting in 2 workouts or a daily walk! You will build momentum the more success you have- so keep it realistic!



5

GET SUPPORT

Partner with someone to check in with frequently! A friend, family member, join a community, hire a coach. Having someone to set goals, reflect, celebrate, plan and problem solve with is so powerful! It will not only be supportive but also hold you accountable!



6

BE POSITIVITY FOCUSED

We are not perfect and striving for that will only leave you frustrated and feeling unsuccessful. Instead of focusing on where you fell short or experienced weakness, start by highlighting where you won! What did you do really well. Celebrate yourself and every tiny victory. The more you feel successful, the more you will be successful!!