

KEEP YOUR GOALS ALIVE AND KICKING

This week's focus: Why we should take the time to check in on our goals and our performance

Why is it important?: When we check in with our performance and progress it gives us the opportunity to get back on track if we are veering off course, correct our trajectory and keep aiming for our goals.

What will we tell you?: The questions we need to ask ourselves when checking with our goals and progress and the action we should take to get back on track.

1 When we construct our goals and plans we don't always foresee the future that may eventually unfold, so we have to check in regularly to make sure our goals and plans are still relevant and will see that we achieve our ultimate goals. By doing so we can adjust our plan or even adjust our goals, to make sure we achieve what it is that we really want.

2 **Questions to ask yourself from time to time:**
Are you on track to achieve your ultimate goal?
Are you sticking to your plan? Is the plan the right plan?
What parts of your plan aren't working? Which parts are working? Why is this?
Are you happy with your progress or could you do better?
What could you do better? How could you make this happen?
Are you progressing at the rate you thought you would towards your goal? If not, why not? Are you still working to your original goal? Or has it changed along the way?
Is your goal still relevant? Does it need revising?

3 Your original goal that you set in January might be complete. Or maybe you didn't set one, but now you are feeling inspired to set yourself a little challenge or really get to grips with achieving what you have come to Be Strong for. If you are devising a new goal and plan make sure it is **SMART! Specific – Measurable – Achievable – Realistic – Time bound**

4 **Questions to determine your goal:**
What do you want to achieve this month, or in the next 2-3 months?
Do you want to improve your fitness? Is there an event you want to participate in?
Do you want to lose a particular amount of weight?
Do you have your eye on a particular outfit for an event or holiday?
Do you want to see a particular improvement in your health?

5 Get specific about what you want to achieve – make sure that you can measure your progress against your start point. If it's a big goal that could take a long time to achieve, split it down into smaller goals, that you can aim for along the way to your ultimate goal.

6 Once you have your goal – set about getting a good plan together. Importantly make it realistic and achievable too – taking into account your life and the things that you 'must do'. No point setting yourself up for failure. Talk to your nearest and dearest about what you want to achieve – they can give you feedback on whether they think it's doable – especially if you want them to support you in achieving it by helping out with some of your 'must do's'.

7 Check out our knowledge and article on goal setting and planning to give it your best shot.

KEY MESSAGES

Check in with your goals and progress – be critical on your performance.

Use the information you gather with your questioning to improve your performance and get you closer to your ultimate goals.

If you don't have a goal, think about setting one and getting a great plan together to get you there!