



**VIP Alumni Membership**  
**January Zoom Coaching Class**  
**Goal Setting and Atomic Habits**  
**Workbook**

**How to Get Ready of our Zoom Class**

- 1. Arrive on time with your digital workbook, a pen and a great attitude.**
- 2. Bring water or another beverage to stay hydrated.**
- 3. Remove distractions. Ask your spouse to take care of the pets and children so you can concentrate. Set your phone to silent.**
- 4. Connect. The best way to get the most of the information shared in this class is to discuss it with other women from our group. Exchange numbers or emails, connect in the FB group, comment on posts, ask questions.**

## Goal Setting

Experts define goal setting as the \_\_\_\_\_ of selecting a \_\_\_\_\_ or \_\_\_\_\_ you wish to achieve.

Goal setting is not only about choosing the rewards you want to enjoy, but also the \_\_\_\_\_ you are willing to \_\_\_\_\_ to get there.

Breaking down your goals into 3 months at a time or quarterly or seasonally provides flexibility as things begin to change and you move forward toward your goal.

For Example,

Goals for 2021- Lose 30 pounds

A. Lose 12 pounds by March 2021

1. Lose 4 pounds each month (1 pound a week)
  - a. Track/record and eat no more than 1400 calories daily
  - b. Minimum 20 minutes or more exercise daily
  - c. Don't cross blissful boundaries (no sugar, refined carbs, gluten)
  - d. Contact accountability partner/group- weekly check in

B. Lose 12 pounds by June 2021

1. Lose 4 pounds per month (1 pound a week)
  - a. Track/record and eat no more than \_\_\_\_\_ calories daily
  - b. Minimum \_\_\_\_\_ minutes or more exercise daily
  - c. Don't cross blissful boundaries (no sugar, refined carbs, gluten)
  - d. Contact accountability partner/group- weekly check in

C. Lose 6 pounds by September 1, 2021.

1. Lose 3 pounds each month (3/4 pound a week)
  - a. Track/record and eat no more than \_\_\_\_\_ calories daily
  - b. Minimum \_\_\_\_\_ minutes or more exercise daily
  - c. Don't cross blissful boundaries (no sugar, refined carbs, gluten)
  - d. Contact accountability partner/group- weekly check in

D. Maintain weight of \_\_\_\_\_ to December 31, 2021.

1. Weekly weigh in of no more than 1 pound up.
  - a. Track/record and eat no more than \_\_\_\_\_ calories daily
  - b. Minimum \_\_\_\_\_ minutes or more exercise daily
  - c. Don't cross blissful boundaries (no sugar, refined carbs, gluten)

A study at the Dominican University in California, found that you are \_\_\_\_\_ more likely to achieve your goals just by \_\_\_\_\_. Other studies have shown that even if you never look at those goals again, you still have a significantly higher chance of achieving those goals as compared to someone who doesn't write down their goals.

Research has shown that you are 2x to 3x more likely to stick to your goals if you make a specific plan for \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ you will perform the behavior.

For example, "During the next week, I will partake in at least 20 minutes of vigorous exercise on [\_\_\_\_\_] at [\_\_\_\_\_] at/in [\_\_\_\_\_]."

\_\_\_\_\_ is a tool to use that will help you state when, where, and how you intend to implement a particular new behavior.

Examples

- **Meditation:** After I brew my morning coffee, I will meditate for one minute.
- **Journal:** After I meditate for one minute, I'm going to write in my food for the day in my journal.
- **Sit ups:** Before I take my morning shower, I will do 10 sit ups.
- **Prepping Food:** After my dinner each night, I will take protein out of the freezer for dinner tomorrow and then make my salad.

Goals for 2021- Lose 30 pounds

A. Lose 12 pounds by March 2021

1. Lose 4 pounds each month (1 pound a week)
  - a. Track/record and eat no more than 1400 calories daily
    - After dinner, I will plan my food for tomorrow and use the \_\_\_\_\_ app. (day, time, place)
  - b. Minimum 20 minutes or more exercise daily
    - After my morning coffee I will walk outside for 20 minutes Monday through Friday.
  - c. Don't cross blissful boundaries (no sugar, refined carbs, gluten)
    - Every night before bed I will give myself a sticker for not crossing the boundaries.
  - d. Contact accountability partner/group- weekly or daily check in.
    - I will email or text my group/partner every Wednesday at noon.

## HOMEWORK PRIOR TO ZOOM CLASS

Fill out your outline for one goal for 2021

Goal for 2021- \_\_\_\_\_

A. \_\_\_\_\_

1. \_\_\_\_\_

a. \_\_\_\_\_

• \_\_\_\_\_

b. \_\_\_\_\_

• \_\_\_\_\_

c. \_\_\_\_\_

• \_\_\_\_\_

d. \_\_\_\_\_

• \_\_\_\_\_

B. \_\_\_\_\_

1. \_\_\_\_\_

a. \_\_\_\_\_

• \_\_\_\_\_

b. \_\_\_\_\_

• \_\_\_\_\_

c. \_\_\_\_\_

• \_\_\_\_\_

d. \_\_\_\_\_

• \_\_\_\_\_

C. \_\_\_\_\_

1. \_\_\_\_\_

a. \_\_\_\_\_

• \_\_\_\_\_

b. \_\_\_\_\_

• \_\_\_\_\_

c. \_\_\_\_\_

• \_\_\_\_\_

d. \_\_\_\_\_

• \_\_\_\_\_

D. \_\_\_\_\_

1. \_\_\_\_\_

a. \_\_\_\_\_

• \_\_\_\_\_

b. \_\_\_\_\_

• \_\_\_\_\_

c. \_\_\_\_\_

• \_\_\_\_\_

d. \_\_\_\_\_

• \_\_\_\_\_

\_\_\_\_\_ just refers to a tiny change, a marginal gain, a 1 percent improvement. They are small, but mighty habits that build to a remarkable result.

In this New Year decide the person you want to be and prove it to yourself with small wins. Each habit not only gets results, but teaches you something far more important; to trust yourself. You start to believe you can actually accomplish anything you set your mind to do.