

Your Champion Life: Goal Setting

Name: _____ Date: _____

- Current Weight: _____
- 10-Week Goal Weight: _____
- 6-Months Goal Weight: _____
- Fitness Goal: _____
(Example: run a marathon, play with kids, ride bike 20 miles, ski, add lean muscle, etc.) Achieve by Date: _____
- Health Goal: _____
(Example: eliminate pain, control diabetes, lower blood pressure, eliminate medications) Achieve by Date: _____

What are your “ultimate” goals for your life in each area and explain what that looks like:

Faith: _____

Family: _____

Fitness: _____

Finances: _____



Motives

Examples: Struggles/Short Term

Gratification:

1. Love unhealthy food
2. Temporary satisfaction
3. Endorphin release – relieves depression
4. A family or friend gathering (habit eating)
5. I never think about long-term Consequences
6. I will do better tomorrow

Long-Term Consequences:

1. Shortened life
2. Disease or sickness
3. Not fulfilling God's will
4. Decreasing 10 years (or more) with spouse, children, grandchildren
5. Poor quality of life

Write Your Own Struggles/Short-term Gratifications below:

Write Long-Term Consequences that You Could Potentially Face:

What are your 3 Most Important Motives for accomplishing your goals:

(Examples: eliminate diabetes, lose excess body fat, live a longer healthier life, increases confidence, spend quality/quantity time with family, draw closer to God, etc)

- 1.)

- 2.)

- 3.)

Use your Motives as the fuel to help you overcome your struggles or short-term gratifications, so you can continue on the path to reaching your goals!

