

Your Champion Life: Goal Setting

Name: _____ Date: _____

- 10-Week Goal: _____

- 6-Month Goal: _____

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. I don't like to workout.
2. It is hard for me to find time for me.
3. I never think about long-term Consequences
4. I will do better tomorrow.

Long-Term Consequences:

1. I will not achieve the body I desire.
2. My body will lose strength as I age.
3. Decreased ability to do the physical things I love to do.
4. I will not maintain the body I achieved.

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: live a longer healthier life, achieve and maintain the body I desire, increase 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!

