



# ***Introduction and Preparation***



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# Expectations, Goals, & Commitments

### Expectations

In this course you're going to have expectations - and, rightly so. I want you to acknowledge those expectations and even write them down. Take a moment and include a few goals you'd like to achieve through this training. The fact is without them, we may never look for results and they will go completely unnoticed. One intent of this program is to help you learn what training works for you and what does not. That will mean a lot as you move forward, not only in your training, but in life.

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### Goals

What do you want to achieve in this program? In following this program it will be important to measure your success by having goals outlined ahead of time. If you do not do this it will be difficult to say if you did or did not achieve anything by participating in this kind of training.

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## Why

In addition, I'd like you to think about "why" you're embarking on this training. Without a solid "why" that motivates you, you will not likely achieve goals you've written down. So, knowing "why" you want to achieve them will keep you working hard when the training gets tougher and/or you question what you are doing.

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## Commitments

Last, along with your written expectations, goals, and why, I ask you to commit to the training by signing and dating it. Not for anyone else but yourself. This is a commitment you make to yourself and know that you are worth the commitment and the goals you have set.

I, \_\_\_\_\_, on \_\_\_\_\_, am committing to myself to the program and achieving the goals I have set.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## Reward

Now, plan how you will reward yourself when you reach your goals. Yes, reward yourself! Reaching your goals are always worth recognition and celebration! You've considered your expectations, set your goals, thought about why you're doing this and fully committed to the process. All of that deserves a reward. Fuel your desire for achievement by assigning a reward for the day you look back and see all the progress you've made.

Now good luck ...and get to work!

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