

MODULE 2:  
UNDOING  
NEGATIVE  
THOUGHT  
PATTERNS

# MODULE 2: UNDOING NEGATIVE THOUGHT PATTERNS

## Setting Realistic Goals

In the pursuit of success, setting and achieving goals is a fundamental component. Goals provide direction, motivation, and a clear sense of purpose. When you set goals that are attainable and within your reach, you create a clear path to follow and experience a sense of accomplishment with each milestone you achieve.

Setting SMART goals is a powerful method to ensure your ambitions are clear and attainable. SMART stands for Specific, Measurable, Achievable, Relevant, and Time Bound.

**Specific:** Define your goals with precisions. Instead of saying I want to be healthier, specify what you're going to do to be healthier, "I want to exercise for 30 minutes, 5 days a week."

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**Measurable:** Establish criteria to track your progress such as logging in your workouts and check the consistency over time.

**Achievable:** Set goals that are challenging yet realistic. Consider your current lifestyle and commitments to ensure you can consistently dedicate time to exercise.

**Relevant:** Align your goals with broader objectives and values. Exercising regularly improves your overall health, energy levels, and wellbeing.

**Time-bound:** Set a clear timeline for achieving your goals. Aim to meet your exercise target for the next three months. Allowing yourself time to reassess and adjust as needed.

By setting SMART and realistic goals you create a structured and effective plan that keeps you focused, motivated, and on track to achieving your aspirations.