Common Errors in Goal Setting & Their Solutions

**1)You have too many goals right now, it is like a goal “traffic jam”.**

* **The Fix:** choose a maximum of 4 goals in all areas of your life

**2)Your goal feels so far off that it becomes a fantasy, and you stop making progress towards it**

* **The Problem:** Your brain starts to enjoy the fantasy. It gets its satisfactory dopamine release when the movie plays in your head. The same happens when you tell too many people about your goal- it feels good to tell people and you stop taking action and keep talking about it!
* **The Fix:** Set a goal that stretches you but feels just outside your reach and bring the goal into focus multiple times throughout the day. Only tell those you consciously surround yourself with about your goal so that they can help uphold you.

**3)You choose the goal from your head rather than your heart, and lose steam.**

* **The Problem:** you don’t feel an emotional response to pursuing your goal, there is no fire to ignite behavioral change.
* **The Fix:** Look yourself in the eye in a mirror and recite your goals. The one(s) that gives you goosebumps, that you feel in your gut is the one that you will have energy to pursue. Choose it.

**4)You “wing it” and get thrown off your path at the first sign of stormy waters.**

* **The Problem:** You set the goal and hope that things will go smoothly. Obstacles are inevitable, and when they occur you get off path.
* **The Fix:** Scenario planning. Lesson 3 will give you some suggestions to strategically overcome obstacles. Reflect on what has derailed you in the past, and what might derail you in the future. If that happens, what will you do?

**5)You think you’re making progress because you are thinking about your goal, but months go by and you’ve gone nowhere.**

* **The Problem:** you haven’t set key benchmarks or established how to measure your progress.
* **The Fix:** set a measurable goal. Define the metrics you will measure it by. Check in with yourself once per week and write down what steps you’ve taken to achieve your goal. This creates an “anticipatory performance rise”--knowing you will be held accountable each week, you will take more action!

With these errors in mind, its time to set your goal and start creating a plan-

**What do you most want to improve about your fitness through nutrition?**

*ex. I would be elated if I could do a pull up!*

**How can you measure progress towards this goal (key benchmarks)? Achievement?**

*ex. less band assistance on pull ups, achieved when chin first gets over the bar with no assistance!*

**What is a timeline for achieving this goal that will stretch me?**

*ex. 12 weeks*

**What is your specific & measurable goal and timeline to achieve it?**

*ex. I will get my first strict pull up in 12 weeks.*