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**Goal Setting**

1. Commit your goals to paper.

2. Review your goals on a regular basis. Make your list of goals accessible, so that you can review it on a regular basis. Frequent reminders will help keep you on track.

3. Be specific. Set the goal to exactly what you want to achieve.

4. Be realistic. Begin by setting small, attainable goals in order that they will propel you into future success. For example, set a simple goal that you will avoid excess food at a party this weekend. Set another goal as simple as having a great workout tomorrow. A third example is setting a small goal of losing 1 pound of fat in the next 10 days.

5. Focus on the short-term goals, as short-term changes in behavior will help you reach long-term goals. Set small goals to get the ball rolling, and success will breed success.

6. As you achieve your goals, return to your list and update the entire set of goals.

**Contract**

At this time, I want you to pledge your full commitment to the program. To be successful, you must dedicate yourself to the following goals:

**List 3 short-term goals:**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**List 3 long-term goals:**

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**List your “WHY”: (go deep):**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Commit to the following steps:

Review your goals on a regular basis. Frequent reminders will help keep you on track.

As you achieve your goals, return to your list and update the entire set of goals.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Commitment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_