

sphericality



the
HAPPY body
method

Goal Setting Manual

...what do you really want?



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Goal Setting Manual .

We are on a mission to help as many people as we can to become more self-confident, lose weight, and get healthy.

If you commit to it, implementation of this method can truly change your life. It's going to be an eye-opening and empowering experience, and I hope the beginning of a new life for you.

Our goal is to not only to help you lose weight, tone up, and look absolutely AMAZING, but to help you to feel strong and confident in your own skin.

So you'll start today by filling out a goal sheet and setting up some motivators.

Have you set weight loss or diet goals in the past yet somehow find yourself starting over again "tomorrow" or "next Monday" or Next month" with the exact same goal?

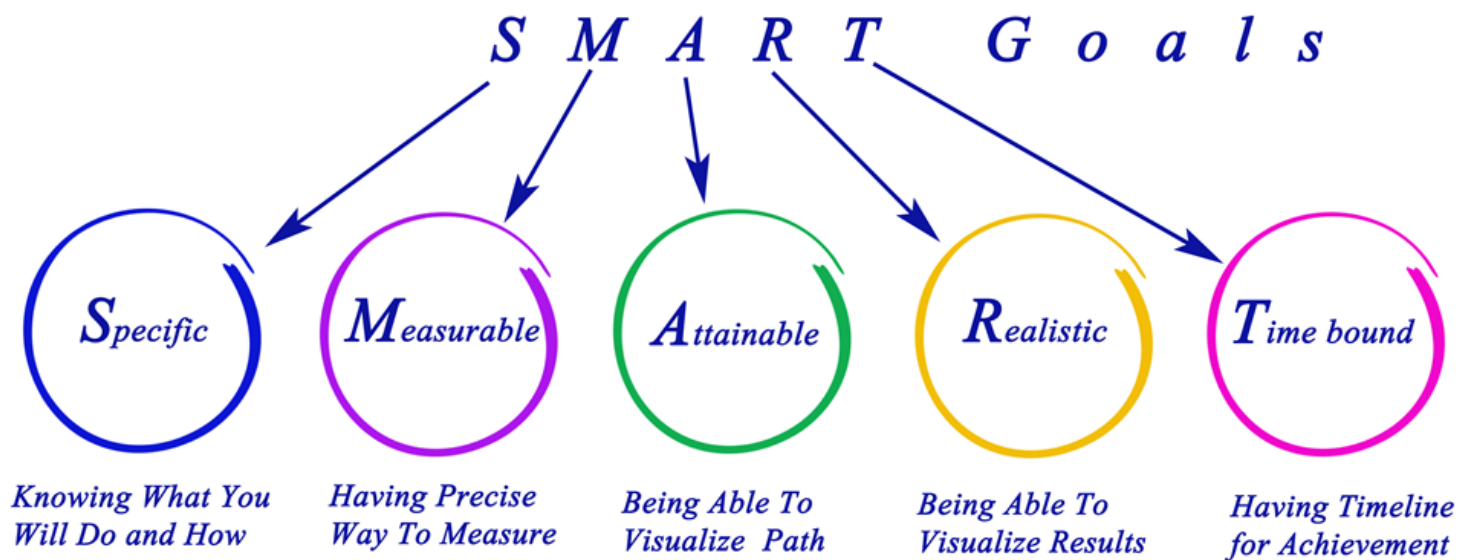
Well...NOT THIS TIME.

This time, you WILL be successful...and we are going to help you.





It's important to have **S.M.A.R.T** Goals.





Ellen's goals were to lose 10 pounds and lower her blood glucose level in 6 weeks.



Jenn had been through some tough family times. Her goal was to heal, lose weight and be happier. (She lost 14 pounds by the way).



Are Your Goals Specific?



*Knowing What You
Will Do and How*

List 3 goals you would like to achieve in the next 28 days if you were given the tools to exercise and eat right. Take your time and **be specific**.

1. _____

2. _____

3. _____

3 months from now I will:

1. _____

2. _____

3. _____

6 months from now I will:

1. _____

2. _____

3. _____

12 months from now I will:

1. _____

2. _____

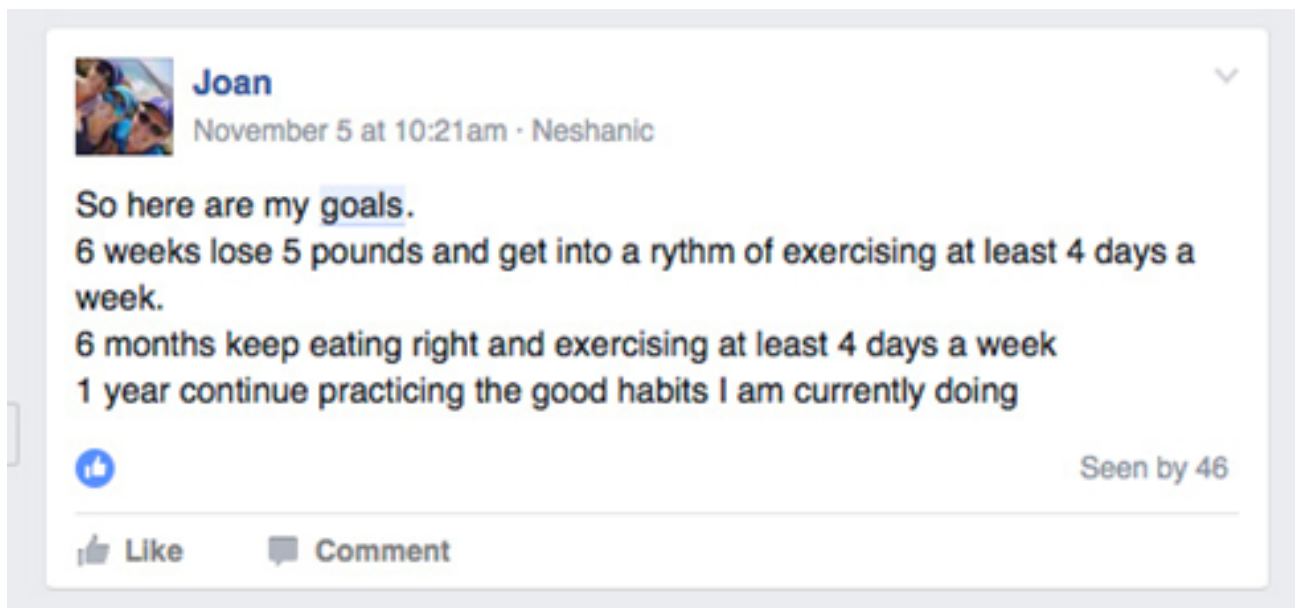
3. _____

Once you've read through this manual, copy and paste your goals into an email and send to sarah@sphericality.com



Action Item

Share two of your goals with the Facebook group.



A screenshot of a Facebook post by a user named Joan. The post is dated November 5 at 10:21am and is from the 'Neshanic' group. The text of the post lists three goals: losing 5 pounds in 6 weeks, keeping healthy eating and exercising habits for 6 months, and continuing these habits for 1 year. The post has a thumbs-up icon and the text 'Seen by 46'. At the bottom, there are 'Like' and 'Comment' buttons.

Joan
November 5 at 10:21am · Neshanic

So here are my goals.
6 weeks lose 5 pounds and get into a rythm of exercising at least 4 days a week.
6 months keep eating right and exercising at least 4 days a week
1 year continue practicing the good habits I am currently doing

Seen by 46

Like Comment



A screenshot of a Facebook post by a user named Lisa. The post is dated October 26. The text of the post includes a greeting, a list of goals for 6 weeks, 6 months, and 10 months, and a thumbs-up icon. The post has 3 comments and was seen by 69 people.

Lisa
October 26

Still trying to figure out this FB thing. Newbie!!
Here you go, my goals.
6 weeks- drop 7 lbs, improve that jelly in my triceps and lift that booty that's drooping toward my knees.
6 months-continue with the ultra healthy eating and make some of these great recipes part of my families normal meals.
10 months- my son is getting married and I want to be the sexiest 51 year old there.

3 Comments Seen by 69



Christine

October 25



My 6 week goal is to lose 6 pounds and finish editing my book, which is due to my editor end of December. My 6 month goal is to be at my target weight and maintaining it, feeling confident going into summer wearing a bikini. My 12 month goal is to look back on this challenge knowing taking the time to put myself first was the right decision, feeling happy and content.



Seen by 55



How Will You Measure Your Goals?



*Having Precise
Way To Measure*

- You will take the measurements of your chest, waist, high hips and low hips as well as your BMI, Body Fat %, Muscle %, Visceral Fat level and Body Age at the self access weigh in station at the studio. (Please watch the “How To” self access) at: XXXXXX.com
- Journal daily about your general energy levels from 1-10. Graph it out and see if there is improvement over the time period
- Journal everything you eat. You can use myfitnesspal.com
- Do not weigh yourself during the month. Your body is on a journey, and there are more important measures than just weight. In fact, weight loss is the by-product of other great stuff that will be happening in your body. You will weigh in monthly on a Monday or your day of choice. FitClients will remind you to weigh in and will notify you if you missed your weigh in. Record the new stats in fitclients.



Are Your Goals Realistic?



*Being Able To
Visualize Results*

Based on my experience with my clients who don't cheat:

- A realistic & healthy goal for weight loss is 1-2 pounds per week.
- A realistic goal for BMI reduction is 1-2% for the first six weeks, and then less after that depending on how much you need to lose.
- A realistic goal for reducing your body fat % is 2-4% for the first 6 weeks then less after that depending on how much you need to lose. It will also be effected by your visceral fat levels. If they are 10 or over, it may take longer to lose body fat, as visceral fat is harder to lose.
- A realistic goal for increasing muscle % is 1-2% for the first 6 weeks then less after that depending on how much you need to gain.
- A realistic goal for reducing your visceral body fat % is 1% for the first 6 weeks then less after that depending on how much you need to lose.

- A realistic goal for measurement change for the first six weeks:
 - Chest 1-2"
 - Waist: 1-3"
 - Hips: 1-3"

These will vary based on how much weight you have to lose, and may be less for each time period as you get closer to your goal.

- Talk to your doctor about realistic goals for affecting blood glucose and cholesterol levels. Ask him or her where they would like to see your number in 3, 6 and 12 months.
- Record your goals in fitclients and update monthly at your weigh in.

Action Item

Go back and review your goals and make sure that they are realistic.



Goals?

How Are You Going To Attain Your



*Being Able To
Visualize Path*

It's fine and dandy to set all of these goals, but HOW do you reach them? You need a plan.

- You will need to practice your balanced exercise program that supports your goals, lifestyle, limitations and general health. Follow the guidelines of The Happy Body Method.
- You will need to implement a balanced nutrition plan that supports clean eating and resets your body.
- You will need to supplement your diet with nutrients that your body does not manufacture itself.
- You will need to set procedures for your life to stay motivated so that you can stay focused and on task to the long term goal.
- You will need to set time aside to restore your mind and body to reduce the stresses of life that can severely impede your progress and cause a lot of frustration.

Action Item

Go back and review your goals and make sure that they are attainable.



What's Your Timeline?



Having Timeline for Achievement

Setting goals is a means to an end. Breaking your effort down into 3, 6 and 12 month goals makes it seem not so ominous. It also sets benchmarks so you can re-evaluate where you are and make changes to your plan if necessary.

But realistically, it takes going through all of the seasons one time to attain realistic goals for changing your body. And guess what? You don't stop there. You repeat the process every twelve months. Naturally your goals and desires will be different. Perhaps at the end of the first 12 months, you still want to lose more weight? Perhaps your goal is to maintain?

Whatever it is, practice patience and stay focused on the prize.

Action Item

Post your goals on the Facebook group.



Stay In Check

Affirmations

Choose 5 affirmations that really resonate with you. Affirmations are short and powerful statements that can drastically affect your “subconscious” to attract success and improve different areas in your life. This may sound a little frou-frou, but give it a try...it can be VERY empowering. Here are a few examples, but feel free to create your own to make them more personal. Say the following affirmations out-loud and notice how you feel afterwards. We recommend starting and ending your day with affirmations (and say them throughout the day).

- Today, I choose to honor my body, my beauty, and my strength.
- I am in complete control of my life, what I eat, what I do, and how I feel.
- I already have the power to realize any goal I set my mind to.
- I have no fear of failure and I am drawn and committed to success.
- I am a strong, confident, and unstoppable person.

Action Item

Post your post one of your affirmations on the Facebook group.





**Donielle**
October 24

daily affirmation: i will allow myself to live in the present moment, i deserve to enjoy right now, without regret for what was or concern for what will be.



1 Comment Seen by 52

 Like  Comment

**Allison**
October 22

Daily affirmation - Today and every day, I am grateful for my good health.



1 Comment Seen by 58

 Like  Comment

**Andrea**
October 20

Daily Affirmation: Put the effort into the relationships that matter most, that also includes the relationship you have with yourself! Self-Care makes yourself and everyone around you happy!



Seen by 56

 Like  Comment



Brainwash Yourself

Kidding, but not really. Write down your top three goals on 3 index cards. Put one card next to your bed along with your affirmations and read them ALOUD when you wake up and when you go to bed.

Put another card in your desk or in your kitchen where you will see it a lot.

Put the third card where you brush your teeth.

Create A Personal Tagline Or Mantra

This will define who you want to be in 12 months and the person you will live as during your journey. For instance, mine is “no alarm clock necessary, my passions awake me.”

Create Three Rules For Yourself

Write them down on those index cards and place them with your goal cards. For instance, one of mine is “I don’t eat bread any day but Saturday.” Another is “I don’t skip a workout.” I think of my rules as if my life depended on keeping them. You can also set consequences for yourself.

Make A Public Proclamation

Tell at least 5 people of your goals. And tell them that at the end of that time period that you are going to give them your stats. Even better to put it on your Facebook timeline.

Pick out an outfit or pair of jeans that you’d like to fit back into.

You can put the picture in your office, on your refrigerator, in your bedroom, or even your car. Put it anywhere you need a little extra motivation or to help to keep you on track.

Now GET BUSY on this worksheet. And remember that:



CONSISTENT ACTION leads to MASSIVE RESULTS!!!

Yes You Can!

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