
BEHAVIOR GOALS WORKSHEET

STEP 1: Decide on the specific outcome that you want? (Ex: I want to lose 20 pounds)

STEP 2: Get more specific with that outcome (ex: I want to lose 20 pounds in 5 months)

STEP 3: Double check if that outcome-based goal is both challenging and realistic. Most importantly, ask yourself on a scale of 1 to 10 how confident you are that you can achieve this goal. If you're not at least at a 9 confidence what can you do to get there? (Tip: make the goal a little easier)

STEP 4: Break your goal up into smaller pieces. (Ex: 20 pounds in 5 months is now 1 pound per week)

STEP 5: Decide on the behaviors you'll need to practice for you to achieve that goal (ex: weight train 3 days per week for 45 minutes a day. Join a Crossfit gym. Throw away the candy dish on my desk at work). This may be a long list but remember you have as much time as you need to work on this.

STEP 6: Decide how you're going to measure your goal. (Ex: Jumping on a scale once per week. Taking girth measurements monthly. Tracking how often you make it to the gym and practice healthy nutrition habits using the worksheets in this course.

STEP 7: Is to establish a short-term and long-term component. Typically the outcome-based goal that you want to achieve is a long-term goal. The behavior-based goals that you've set are your short-term goals. One way I like to measure short-term goals is by using the Seinfeld technique.

- Get yourself a 30-day calendar like this one or just print one out off of the Internet.
- Each day that you practice your behavior goals you'll draw a red line through that day. If you don't practice your behavior goals you will not draw a red line.
- It's human psychology to not want to break the chain. Once you get a few redlines in a row seeing a blank space will drive you crazy! You won't want to see too many of them let along two in a row.



STEP 8: Set up a schedule (weekly, bi-weekly, monthly, quarterly – whatever works for you) to honestly evaluate your progress and adherence to the behaviors you’ve decided will help you achieve your goals.

BONUS: Reward yourself! But remember to reward your behaviors and not the outcome. Reward your hard work and effort. Not the results.

