Beginner Goal Setting Worksheet
Staying consistent is the hardest part of reaching your goal. This short worksheet will help point you in the right direction and help keep you on the path towards success. If you haven’t read the motivational strategies workbook yet we recommend you read that first.

Outcome Goals
This is the outcome you are looking for, it might be to lose weight, get stronger or improve your balance. You should translate this into something that is measureable.
Example: If you can do 10 push-ups in a row from your feet you will reach your goal of being stronger since you can only do 1 right now.

What is your Outcome Goal?

What is your current status and how far do you have to go to reach your outcome goal?

Process Goals
This is the system you are going to put in place to reach your outcome goal, these are more important because they focus on actual behavior change.
Example: Your outcome goal is to do 10 push-ups, so your process goal is to roll out of bed every morning and do as many push-ups as you can until you can do 10 from your feet.

What is your Process Goal?

Your ‘Why’
Your ‘why’ is the greater reason for wanting to reach your goal. Do you want to turn heads when you walk into a room? Do you want to prevent a heart attack so you can stay healthy for your kids and grand kids? Do you want to save your family from being attacked during the Zombie Apocalypse?

What is your ‘why’?

How are you going to remind yourself of your why?
Barriers
A barrier is anything that could possibly get in your way of achieving your goal. It could be you work long hours, have an unsupportive partner or kids. These are all things you need to take into consideration when trying to decide on your process goal.

Example: You have kids that wake you up early, you work long hours and you are unmotivated to exercise at night. That’s a lot of barriers! If you’re a beginner and your child wakes you up in the morning and your goal is to do push-ups every morning, a good solution might be to have them help you count or do them with you before you start your day.

Now that’s a lot of motivation in one shot!

Sometimes you won’t know what your barriers are until you try a process goal. As you ‘uncover’ barriers you have trouble overcoming, don’t be afraid to pivot and try a new process. Just stick with one process change at a time. This helps you avoid becoming overwhelmed and giving up.

The more detail you can give to overcome them the more likely you are to be able to do it!

What are your barriers to achieving your goal?

How are you going to deal with them as they come up?