

Are You Setting S.M.A.R.T. Goals?

When the 2008 Beijing Olympic games came to a close I was inspired by watching athletes perform at the top of their game. It is truly amazing to see what the human body is capable of when it's trained for a specific event.

Every athlete in the Olympics has trained for thousands of hours in a very specific way for their sport. These athletes know precisely what they want their bodies to do, and they train in a focused manner to be the best. You can bet that they see a gold medal every time they close their eyes. Now that's what I call focus!

What about you? What do you train for?

Whether you realize this or not, you too are training for a specific reason. Maybe your goals are more in line with losing 15 pounds rather than winning a gold medal, either way your training needs to be specific in order to achieve your desired results.

Do you know why you exercise? Is it to lose weight, lower your blood pressure, shrink your waist, or is it to pick up a bag of groceries with more ease? Whatever the reason is, the first step toward getting the body of your dreams is to set a goal. This simple act, when done correctly, will instantly calm your frustrations and fill you with hope.

Here's how to make your goals SMART.

Specific: Ask yourself questions like: How many inches do I want to lose? What pant size do I want to be? Be painstakingly specific with yourself. It has been proven that the more specific your goal the more likely you are to achieve it.

Measurable: You have to measure your results. It could be measured in pounds or body fat percentage or inches. It could even be fitting into a particular pair of pants that you haven't worn in years. The key is, you need to physically measure your progress. If you don't know where you are now how do you expect to get where you want to be?

Attainable: If you have fifty pounds to lose, its not realistic to expect it all to come off in one month. Setting unattainable goals is a great way to set you up for failure. If you have a major fat loss goal then break it down into small attainable goals. As you achieve each small goal you will reinforce your progress and ultimately attain any desired result.

Realistic: This step is about knowing yourself. What type of program would you realistically stick with? If you despise running then don't base your weight loss program on jogging at 6 AM. Look honestly at your abilities, but don't underestimate yourself. You'll need to step up your game to achieve your goal.

Timely: Every great goal is set on a timeline. Keeping the above steps in mind, give yourself an exact date and time that your goal needs to be accomplished by.

Get on it!

Now it's time to get to work. Write down your SMART goal and place it somewhere that you see often then tell three people of importance in your life about your goal. Have the focus and the drive to pursue your SMART goal, just like the Olympians, and go make yourself proud!

I love nothing more than seeing my clients achieve their goals. Schedule your complimentary [trainer consultation](#) by calling 702-341-6052 Today!