

# CHEATSHEET

## 5 STEPS TO ACHIEVE YOUR GOALS



Setting goals for both the short and long term is great, but do you know how to actually achieve the goals you have in your mind? Before starting this cheat sheet, refer back to **9 Tips to WIN at Goal Setting** sheet to help you brainstorm and find out what you really want!

### 1. WRITE OUT YOUR BIG, HAIRY, AUDACIOUS GOAL:

Simple, right? What is it that you truly want? Remember it has to be honest and in alignment with your lifestyle. And the only way to get this goal is to do something different than what you are currently doing. So what's going to be different? What's that big goal that you want, where you're willing to change something in your life to get?

Got it? Write it down:

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### 2. DETERMINE YOUR WHY:

Ok so we have the hairy goal above, looks good! But WHY do you want to achieve this goal? Is there a health concern attached to this goal? Is there a big adventure you want to go on to feel more connected (or heck, DISconnected?!) with your current environment? Is there a financial amount that you want to achieve in your career so that you can further obtain X, Y, Z? Whatever your goal is, there needs to be purpose and reasoning behind it, otherwise it's just a dream. And I'm not talking like, "I want to lose 20lbs so I can be lean and ripped..." because that's not going to give ya much purpose in life. Maybe it's to lose 20lbs so you can perform better in a sport, or be able to keep up with your growing kids. Whatever your WHY is, make it visible:

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### 3. SEE THE CHALLENGES:

Obviously achieving this hairy goal isn't going to come easy, otherwise it would have been done by now, right? We know there are going to be struggles, hurdles and possibly even setbacks as we work hard towards this goal. That's going to happen. It WILL happen. And although we cannot prepare for everything that may happen to us, we can plan ahead as much as possible. So what are the challenges you think you might face as you work towards this goal? Let's bring them to the forefront so that we aren't surprised when they do show up. You might have a list of challenges you can predict, and we have lots of room:

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### 4. SUPPORT YOUR GOALS:

We know that this goal is going to require a lot of work and commitment in order to achieve. So what are some daily and/or weekly actions you can take to support this goal?

If you're struggling, here's a few examples: accountability with a friend or coach; a structured plan; community support; progress pics

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### 5. SAVE THE DATE:

When you don't have a deadline for something, the chances of it dragging on are very likely. Maybe there is a quarterly performance review at work that you need to have your goal met by, or a vacation that you want to be ready for. Or maybe you don't have a specific event where you 'need' to achieve this goal by; that's ok as well. Just set a date so that you have something to work towards. Don't forget to write it down:

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Now that you have some of your thoughts written down in terms of your goals, it's time to start working towards them! Having accountability from a trusted source like a coach is a great way to assist you in achieving these goals in a healthy and realistic timeline. If you're looking for additional guidance, support and a plan to help you achieve your big, hairy, audacious goal, visit my website and coaching page for program details to compliment your current lifestyle. It's the least you can do for yourself this year!

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