

Plan To Succeed!

By Lisa Branigan, Life Coach

To get what we want in life we need to have a plan. Goals are an important part of making plans and being successful. If we want to lose weight, we need to set goals and have a plan. If we want to be fit, we need to set goals and have a plan. You've heard that saying? "*She that fails to plan plans to fail.*" So how can you plan to succeed? You need to start by setting goals following the S.M.A.R.T. formula.

Most people say things like, "I want to be thinner" or "I want to get fit" or "I want to be healthier, happier, less stressed etc." These are not goals you can plan to achieve. They are wishes or desires. S.M.A.R.T goals are:

- S** = Specific
- M** = Measurable
- A** = Action Based
- R** = Realistic
- T** = Time Bound

Be specific about what thinner, fitter, healthier or less stressed means to you. Make your goal something you can measure. Being thinner means losing how much weight or being fitter means running how many kilometres?

Make sure you will get into action about your goal by basing it on a true desire. If you are not excited about your goal, find ways to make it more fun. If you're trying to lose weight then save all the money you usually spend on chocolate and put it towards the reward of a holiday or new clothes.

Be realistic about your goal. Losing two or three kilos a week may be difficult and unhealthy, so plan to aim to lose a half a kilo or one kilo a week instead. If the goal is realistic you will stick to it.

Lastly make your goal time bound by giving it an end date. This gives your goal a sense of urgency and makes you get into action about it. Keep this date realistic.

This week look at your goals and make them S.M.A.R.T. "*I will lose 20 kilos by January 28th 2006*" "*I will be able to run 5 kilometres in 15 minutes by February 16th 2006*" Above all don't fail to plan. Plan to succeed!

Email me for your "FREE" goals Weekly Planner

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