



# 3 STEPS TO ACHIEVING ANY GOAL IN 2019

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## FIRST, WE MUST AVOID THE GOAL SETTING PITFALLS

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- What is Driving the Goal?
- Too Extreme/Too Fast?
  - 14-day/28-day/30-day
  - Changes in habits in a short period of time and are extreme
  - Need to focus on the long term
- Social Support?
  - Understanding that it might not be there / Or it could work against you
- Do You Have Plans When Everything Isn't Perfect?



## STEP I: CLEAR AND CONCISE GOALS

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- All about asking yourself (or someone else) the right questions
- What is your goal?
  - Can you quantify it?
    - Try to avoid numbers for weight loss
  - What is your time frame (is it realistic)
  - OK, why is this goal important to you?
  - Really, why is it important to you?
  - How does your life change/look different if you achieve it?



## WHAT IT LOOKS LIKE:

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## STEP 2: DRAW THE MAP

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- What does the road to the destination look like?
- What do you need to do daily/weekly/monthly to get there?
- What is the most important behavior change or habit to work on first?
- What has/hasn't worked in the past and why?



## STEP 3: WHAT DO YOU DO IF YOU GET LOST?

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- Contingency Plans
  - Past experiences
  - Travel and work
  - Social events
- Focus on Solutions
  - Now what?



## OK, ACTUALLY 4 STEPS: COMMUNITY

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- “If you want to go fast, go alone. If you want to go far, go together”
- Community/Your Tribe
- Social support
- Positive atmosphere that is conducive for change



## WRAP UP

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- Change isn't easy, your body (and possibly your social circle) may fight it
- What is your true why?
  - Talk to someone that has your total trust and fully supports you
  - 5 Whys
- Write/Map
- Now What?