

## Goal achievement: Fitness and Beyond!

<p><b>1. Set an ambitious goal</b></p> 	<p>It shouldn't be outlandishly difficult, but it should be enough of a stretch that you'll be excited to work toward it. Nobody who sets a goal of losing 5 pounds miraculously loses 20.</p>	<p><b>6. Self-control: The more you use it the better it gets</b></p>  <p>The more you carry out the steps toward your goal, the easier it becomes.</p>
<p><b>2. Be specific with your objectives or goals</b></p> 	<p>Intention fails about 75 percent of the time. Instead, envision all the hard work that will make you succeed. To do this, break down your goals into the exact steps you'll need to get there.</p>	<p><b>7. Reward you hard work and success</b></p>  <p>Science reveals that one little gift can double your self-control, and it doesn't have to be a box of chocolates. You can pay yourself for reaching a crucial stage, or watch an extra hour of junky TV. Anything that makes you feel good will help you to be good.</p>
<p><b>3. Schedule it! (Mentally and Calendar)</b></p> 	<p>Multiple studies have shown that deciding ahead of time where and when you're going to do a chore more than doubles the likelihood that you will. Give your steps to success: day, time, and place. Rather than "I'm going to weight-train 3 hours per week"</p>	<p><b>8. Glucose – Your self-control muscle: Feed it!</b></p>  <p>Studies show that willpower weakens significantly when our glucose level drops.</p>
<p><b>4. Why – Have a reason/purpose for your fitness goals</b></p> 	<p>Every goal should have a good reason behind it that matches your values and inspires you</p>	<p><b>9. Simplify: Do not overwhelm yourself with too many goals or objectives.</b></p>  <p>Trying to achieve too many goals at once can overload it and reduce odds for success.</p>
<p><b>5. Measure Everything!</b></p> 	<p>Your brain, will help you reach your goals "where you want to be and where you actually are." It needs feedback. It can't tell you to keep doing crunches if you haven't set a goal for crunches then counted how many you've done. Use this to your advantage</p>	<p><b>10. Shut it! Talking about goals diminishes the ability and resolve to complete them.</b></p>  <p>Overconfidence is a proven impediment to success. Studies show that talking about our goals actually reduces motivation.</p>

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