

# Fit for Life

## Goal Setting....

### *Dare to Dream*

By "The Fitness Diva"  
Dawn Davis

Here we are in a new year and already a month is gone! For many of us that made the traditional New Year's resolutions we've already realized that those resolutions were short lived. If you are finding yourself slacking off on your resolutions, you aren't alone. Only about twenty percent of us actually achieve the resolutions we set for ourselves.

Instead of achieving nothing more than a list of broken resolutions, let's strive for success by setting some attainable goals. Goal setting is different from resolutions because you will actually make a *plan* on how to achieve your goals. According to motivational speaker, Zig Zigler, only about three percent of the people in this country ever set goals for themselves. Many of us find that our minds go blank when we are challenged with setting goals and mapping out how we will achieve success.

I was recently asked about my goals for 2009. Specifically, what did I want to accomplish this year in my own life. And, yes, my mind went blank. The question made me wonder if I was part of that large group of people that never sets goals. But when I stopped to think about it, I realized I have always been a goal setter, I just never thought of it in those terms. I always thought of myself as being one to just take life as it came along. So, with that question I started to think...and dream.

For quite a while I have been working towards getting a Master Trainers Certification. I didn't even realize that I was goal setting! Last week, I was notified that I had been accepted to take the certification exam from the National Board of Health Advisors. I was so excited when I got the news, but thought, what now? What will I do with this certification? I achieved a long-term

goal but, until now, I hadn't thought about what I would do after reaching my accomplishment. The next step is for me to set the next goal, which is to figure out what I will do with this certification! I now understand the importance of setting goals and planning for them.

There are several different reasons why people don't set goals. The most common reason is the lack of know-how. Knowing how to set your goals will help you achieve success. Here's some tips to get you started of on the right foot:

- When setting goals...dare to dream. Make a list of about 25 long and short-term goals.
- Be specific. If one of your goals is a new home, don't just write down "a nice home." Describe exactly what kind of home you would like to have. Perhaps it's a 3,000 sq. ft. Tudor style home with four bedrooms, two baths and two living areas. You should be realistic, but dream big. Otherwise you won't stretch outside your comfort zone and grow to your full potential.
- After making your list, ask yourself these seven questions. Will reaching my goal:
  1. Make me happier?
  2. Make me healthier?
  3. Make me more prosperous?
  4. Make me have more friends?
  5. Give me peace of mind?
  6. Make me more secure?
  7. Improve my relationships with others?

If you can't answer yes to at least one of these questions then take it off your list.

For all the remaining goals, make sure they are morally right and fair to everyone concerned.

For me, in addition to passing the course for the Master Trainers Certification, I have also set a goal to become a health and wellness instructor for senior centers. There are steps that I will have to take to accomplish this goal, so writing them down and making an action plan to help me stay on track to attain my goal.

My short-term goals include completing a half marathon, a sprint triathlon and a 3-day walk (60 miles) for breast cancer. I have made a schedule of training for myself to work towards the fitness level I need in order to succeed.

The best way to stay on the path to success is to create an attainable list of goals and keep track of your progress. Don't overextend yourself or you may set yourself up for failure. Take one step at a time and know that you may find that you aren't able to work on all your goals at one time. It's perfectly fine to focus on completing one or two short-term goals by the end of this year while working towards your long-term goals.

**Reminder:** The Walk Georgia registration begins February 15 and ends March 9. The program starts March 1 and continues through April 25. For more information contact me at [ddavis@fayss.org](mailto:ddavis@fayss.org) or 770-719-0813, ext. 124.



Dawn Davis is a Certified Personal Trainer and Senior Fitness Instructor with special certifications in a variety of special programs including yoga, tai chi, pilates and Zumba Gold.