

PERSISTENCE OVER PERFECTION

#popchallenge

A 14 day fitness and mindset challenge
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Target

It's easier to persistently pursue goals when they are a clear and well-planned target.

Creating a good quality target means settings goals that are:

specific
feasible
healthy
manageable*

**big goals can be broken into smaller stepping stone goals
personally meaningful*

Here are some examples of goals that might not serve as a good quality target:

Example of **nonspecific** goals are:

"I shouldn't eat that." "I should exercise more."

"I should lose some weight."

Example of a goal that might not be **feasible**:

"I'm going to run 5 miles every morning and eat a strict diet."

Example of an **unhealthy** goal:

"I'm going to lose 5lbs this week." "I'm going to only eat celery and drink water until I lose X amount of weight."

Examples of goals that might be **unmanageable**:

"I want to lose all of my baby weight." "I'm going to eat 'perfectly' every day this month."

And finally, examples of goals that are not **meaningful**...

Very often I speak with clients that refer to weight-loss as something important to them, but during our conversation it becomes clear that while they might like to lose some weight, it's not a goal that they are willing to pursue wholeheartedly.

And that's completely fine!

For these folks a better goal might be working towards being comfortable with loving and appreciating their body as it is currently!

When it comes down to it, you're not going to be able to be persistent in meeting your goals if they aren't personally significant.

Take time in thought to contemplate what you want to see happen in *your* life and with *your* uniquely amazing body.

Summary:



If you want to hit a target then

- **make it clear**
- **make it possible**
- **make it matter**

How do you begin?

1. Start with a goal journal.

Jot down all of the things you think about changing or doing. Many of us have very general thoughts at the end of the day about how we wish we were “better”. Explore those ideas too.

Don't worry about refining everything initially, just put what's in your head on paper.

1. Go back and sift through your thoughts and underline possible goals.
2. Select 1 or 2 to begin working on now.
3. Write them out clearly so that you know exactly what your target is and when you expect to reach it.

2. Consider making most of your goals “behavior-based”. This is especially important when we are just at the beginning of our wellness journey.

1. There's nothing wrong with results-based goals like “lose 10 lbs”, but the process of working towards such a target can be difficult to measure. We can go several days or weeks without seeing our weight change at all, and with little results to encourage and sustain us in our quest, it's easy to get discouraged.
2. Behavior-based goals, like “Workout 3 days a week, eat a high protein/high veggie diet” can be easily measured on a daily basis! We can be proud of our progress (or work a little harder to progress) and if we're consistent, then results (like fat-loss) will follow.

Conclusion

All goals are possible! So don't be afraid to pursue your dreams, no matter how big they might be.

In the interest of feeling encouraged and empowered, create good quality targets that move you closer and closer to your dreams.

Dream big, but start small and specific.

Persistence require energy and and strategy. It's going to be much easier to persistently pursue our goals when they are well-defined targets.