

WORKING AGAINST GRAVITY

GOAL SETTING WORKSHEET

WELCOME

There are a million goal-setting resources out there. Just Google “how to set better goals,” and you’re met with hundreds of articles, podcasts, and book recommendations about the “best” way to set goals that stick.

And, with every resource, you’ll find varying opinions on goal setting, if it even works, if you should try it, and how to do it effectively.

So, what *makes* this process and this worksheet different?

We’re here to share our (quick and actionable) thoughts on goal setting to help you set health-specific goals you actually care about so you actually reach them.

Our goal-setting practice is specific to nutrition and health, and we’ve based it on what we’ve seen work through hundreds of hours of coaching experience and working with more than 30,000 individuals.

We haven’t reinvented the wheel here—we’ve just put the goal-setting practices we know and love in one accessible place where you can brain dump, iterate, and hone in on what you want and how to get there.

[DOWNLOAD OUR PRINTABLE GOAL SETTING WORKSHEET HERE](#)

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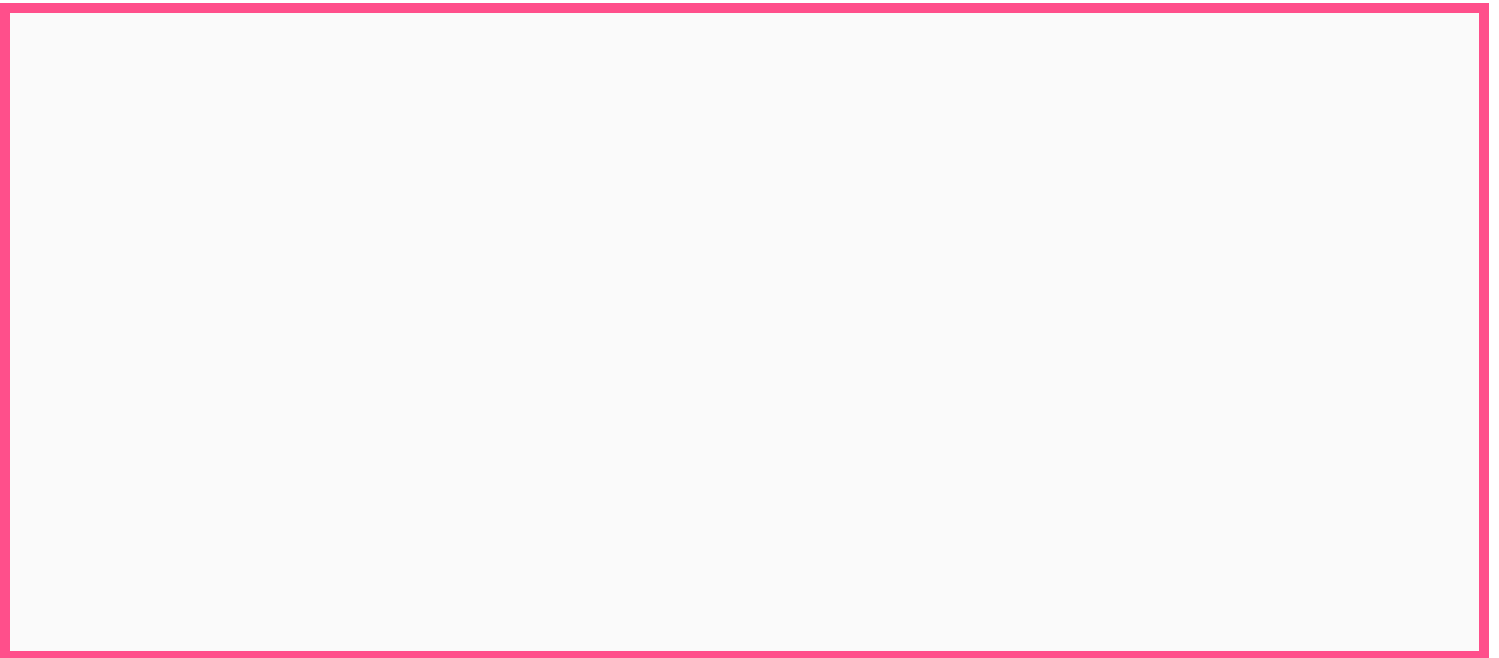
WHAT DO YOU ACTUALLY CARE ABOUT?

Nailing down the things that really matter to you is the first step. The most common issues we see with our clients are that they've either:

1. Set goals based on external influences and pressures like social media, friends, family, fellow gym members, self-help books, or even well-intentioned health professionals.
2. Set the same goals over and over again without checking in with themselves about what they actually want or how they actually feel.

So, how can you silence the chatter and hone in on what you really want? Start by imagining your life ten years from now. What does a “day in the life” look like if you're living in a body you love, exercising in a way you love, surrounded by the people you love?

Take a few minutes to write it down clearly. Start with waking up—what do you see, how do you feel, what do you make for breakfast? Do you hit the gym, take the dog for a long hike, or do an online yoga session?—and take it all the way through getting back in bed at night.



REVIEW YOUR VISION AND HIGHLIGHT HEALTH-SPECIFIC WORDS, PHRASES, AND ACTIONS. NOW THAT YOU HAVE A CLEARER VISION OF WHERE YOU WANT TO BE IN TEN YEARS, IT IS LIKELY EASIER TO IDENTIFY THE THINGS YOU CARE MOST ABOUT.

Ready to get all your ideas down? [Click here for the printable version of our Goal Setting Worksheet!](#)

IDENTIFYING OBSTACLES

WHAT IS WORKING FOR YOU?

What habits do you have in place *already* that can help you reach your 10-year vision? Already engaging in exercise you love? Write it down. Already drinking plenty of water? Write it down. What about mindsets or mantras that work for you? Write it down.

WHAT IS IN THE WAY?

What obstacles stand between you and your goals? These can be habit-based (for example, do you feel like you have no time to meal prep?), but dig deep—is there specific knowledge standing in the way of you and your goals? For example, do you know how much to eat to lose weight and maintain weight loss?



SET YOUR GOALS

You've probably heard some version of the phrase "trickle-back" when it comes to goal setting. Most practices involve the process of working backward from where you want to be to where you are now, and for good reason: it works.

Head back to your ten-year vision. What goals can you pull out? Write them below:

Pro Tips:

- *Don't worry about being super specific yet. That can feel a bit silly when you're thinking ten years out, and we'll dive into "SMART" goals next.*
- *Try dividing your goals into health buckets—food/nutrition, exercise, mindset/mental health, relationships, etc. This can help you pull more than one goal out of your larger ten-year vision.*

10-YEAR GOALS

EX: I AM CONFIDENT IN MY SKIN AND REGULARLY EAT WHOLE FOODS WHILE KNOWING WHERE AND WHEN TO ENJOY TREATS WITH ZERO FOOD GUILT.

1.

2.

3.

4.

5.

5-YEAR GOALS

Now, start to think backward. If you want to get to your ten-year goal, where do you need to be in five years? What habits, actions, and mindsets build to that larger goal?

This is also when you need to get a bit more specific. Make sure your goals are *measurable*. How many **times per week** do you exercise? How many **ounces** of water do you drink per day? Even though you're thinking five years out, write these goals in the present tense—it makes them feel more real and powerful.

EX: I'VE LOST 15 LBS AND DON'T TRACK EVERYTHING I EAT ANYMORE. I'VE LEARNED WHAT HEALTHY PORTION SIZES LOOK LIKE FOR MY BODY, BUT I KNOW I CAN GO BACK TO TRACKING IF MY GOALS OR LIFESTYLE CHANGES. I EAT VEGGIES WITH TWO MEALS PER DAY AND PROTEIN WITH EVERY MEAL.

1.

2.

3.

4.

5.



1-YEAR GOALS

One more round of trickle-back! Where do you need to be in one year to reach your five-year goals?

EX: I TRACK MY MACROS 6/7 DAYS PER WEEK WITH A COACH WHO HELPS ME MONITOR PROGRESS AND TACKLE WEEKLY OBSTACLES TO BUILD CONFIDENCE IN MY CHOICES.

1.

2.

3.

4.

5.

WHAT CAN I START DOING THIS WEEK?

Ex: Calculate my macros and aim to hit my protein target daily for a week.

WHAT CAN I START DOING TOMORROW?

Ex: Begin tracking everything I eat to increase awareness of my choices and overall daily intake.

WHAT CAN I DO TODAY?

Ex: Download a food-tracking app.

WHAT COMES NEXT?



There is power in writing down your goals. But remember that just because you write something down, it isn't set in stone. Many people get nervous to say what they want because it feels limiting but you can always change your mind. Especially when it comes to health and nutrition, you'll likely shift your goals and expectations as you learn more about the foods you eat and the actions needed to achieve your long-term health and body composition goals.

Once you've written down your goals:

1. **Make it obvious:** Print out your goals and put them somewhere you can see them every day, like on the mirror in the bathroom or in your room. Set a picture that reminds you of your goals as the background of your phone. Make your goals obvious, so you have a visual reminder when things get tough.
2. **Enroll key people:** Share your goals with key players in your life, whether they are partners, friends, gym buddies, coworkers, or even kids! Not only does this give you a source of accountability when you need a push, but you never know who has connections, recommendations, or suggestions to get you to a goal faster.
3. **Revisit and revise:** Revisit your goals regularly to ensure they're still relevant and you're on the right track. Don't be afraid to rewrite or tweak goals that no longer speak to you!

WHATEVER YOU'RE CHASING, WE CAN HELP YOU GET IT

Set the right goals (and actually reach them) with a WAG Coach

[GET A COACH](#)