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## Coach Yourself Fitter

A introduction to  
setting goals and creating  
a plan to achieve them

# Introduction

Thank you for downloading this guide

It's meant as an introduction to coaching, goal setting, and planning for success

I hope you find it useful

# How to use this guide

Print it out – you'll need to write notes

Sit down in a quiet place where you won't be disturbed

You'll need about half an hour

Simply work through the pages, answering the questions as you go

# What's your goal?

What is it you want to achieve?

Write it down here

How will you know when you've achieved it?

Write down specific, measurable indicators – eg. “I want to be able to do ten full press-ups”, “I want to lose 5kg”

Write down the date by which you want to have achieved this

# What's your goal?

How will you feel when you've achieved your goal?

Write down at least four positive feelings you expect to have – eg. “I will feel confident”, “I will feel proud”

# Create an inspiring statement

Summarise what you've written down already into one clear, inspiring sentence:

It is (state the date you intend to achieve your goal)...

and I am/have (state your measurable, specific goal)...

And I feel (describe the positive feelings and benefits to achieving your goal)...

*Example : It is my 40<sup>th</sup> birthday and I have completed two 10km races. I feel fitter than I have since before the birth of my daughter, I look more toned and healthy and I am proud of the commitment and discipline I have demonstrated*

# Preparing to plan

## Where are you at now?

To quantify the gap between where you are now and where you want to be – so what do you weigh, how fast/far can you run, what weight can you lift at the moment?

Quick reality check – is progressing from where you are now to where you want to be achievable in the timescales you've set yourself?

If not, consider going back and adjusting your goal and/or the timescales – don't make it too easy, but it needs to be achievable, ie. not impossible!

# Your options

## So what do you need to do?

Write down as many actions and options as you can think of, even the crazy ones

If your goal is something you've tried and failed to achieve in the past, write down some options you've not tried before (because if you always do what you've always done you will always get what you always got!)

# Your options

I'm giving you an extra sheet here so that you can keep writing down actions – for instance – don't just write down "I need to go out running three times a week" – write down everything it will take for that to happen – eg. "I need to run the washing machine on a Sunday so that I have three sets of clean kit for the week ahead" or "I need to charge my iPod after every gym session so that it's always charged for the next one"

# Your options

And if you've failed in the past to achieve similar things, what do you need to change this time around?

If your best friend/partner/parent had to comment on what you should do stay on track, what would they say?

What would you advise someone else to do to stand the best chance of achieving the goal?

# Your plan

Take a few minutes to look over everything you've written on the planning pages – what are going to be the best actions to ensure that you achieve your goal?

Write them down on the next page, in an appropriate order, with dates, frequency, and mini-milestones where possible (eg. If you want to lose 5kg in 8 weeks, how many kg do you need to lose each week?) – the “when” is just as important as the “what”

# Your plan

# Your plan

How does your plan look?

Is it going to get you where you want to be?

If you don't feel it is, go back to your options – what else do you need to do?

How confident are you that you'll stick to the plan?

What can you do to increase that confidence?

What might increase your chances of success?

Keep reviewing your plan and adding actions until you feel really confident that it contains everything you need to stay committed and on track

# Go for it!

Start ticking off your actions!

As you go, check your plan regularly – carry it around, or keep it on your iPad

And keep your inspiring statement to hand too – it's important to keep reminding yourself of the end goal and of the benefits of achieving it

# Good luck!

This has only been a brief introduction to the coaching process, and really only scratches the surface of what coaching can help you achieve

Do let me know if it works for you!

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