

WELCOME TO GOAL SETTING

The perfect way to get clear on what you want and how you're going to get it. This guide will help you to:

FOCUS ON YOU

Work on what's important to you, improving your daily life and becoming the best version of yourself

ALIGN WITH WHO YOU WANT TO BE

Create lasting change, celebrate yourself and build your confidence that you are capable of achieving your dreams.

KEEP IT SIMPLE

Back to basics, a straightforward structure to work for you. I'll keep you on track and we won't overcomplicate anything.

PRIORITISE YOUR WELLBEING

The act of goal setting in itself is a form of self care. Self betterment in the making. Your physical and mental wellbeing will thrive with this investment in yourself.

Grab a pen, print this off if you can and let's get started,

PILATES BY KATY

MIND MAP

STEP ONE: Use this page to write down all of your dreams, goals, ideas. Don't hold back, describe the person you want to be, what you want to start, get better at or would love to achieve. Please make at least one Pilates/fitness related for the purpose of this exercise.



MY GOALS

STEP TWO: Pick three goals from your mind map, these can be BIG! For the purpose of this please choose a Pilates related goal for one of them. Answer these: What is your goal? Why is it important to you? Who is involved? Where does it take place?

GOAL 1

GOAL 2

GOAL 1

GOAL ONE: BREAK IT DOWN

STEP THREE: Decide milestones that you would like to get to. You can review and amend these as you progress in your journey.

You can just complete the short term 4-6 weeks for now if you like and then as you proceed you may discover longer term goals.

IN THE NEXT 4 WEEKS

IN THE NEXT SIX MONTHS

IN THE NEXT 12 MONTHS

GOAL ONE: GET INTO THE DETAIL

WHAT IS YOUR GOAL

WHEN DO YOU WANT TO ACHIEVE IT

HOW WILL YOU MEASURE YOUR
PROGRESS

HOW WILL YOU ACHIEVE IT

HOW CAN YOU KEEP ON TRACK

TIPS

Be as specific as possible

Make it realistic to your lifestyle and
circumstances

Consider how friends/family can
support you

Visualise how you will you feel
when you achieve it

GOAL ONE: 4 - 6 WEEK REVIEW

STEP FIVE: Review and reflect, celebrate your successes, plan your next steps

HOW I'M FEELING

WHAT I HAVE ACHIEVED

OBSTACLES

NEXT STEPS