



# my goals: implementing the six C's goal setting

Grab yourself a cuppa, take a seat and give yourself some space to consider where you want to go and who you want to be. The six C method will guide you through the goal-setting process from visualisation through creating an achievable, actionable plan to giving it a deadline and finally reviewing, resting and rewarding yourself.

## PART ONE: CAPTURE - Set a specific, realistic goal

<b>1</b>	What do you want to achieve?
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<b>2</b>	Why is this important to you?
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<b>3</b>	Is there anyone else that you need support from to achieve this goal?
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<b>4</b>	How will you know when you've achieved your goal?
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<b>5</b>	Is this goal realistic? (Check it against the goal weight worksheet to make sure that you're not setting an unrealistic or unachievable goal.)
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Free-writing or journaling about what it will feel like when you achieve your goal can also be helpful. If you find specific goal setting difficult, then perhaps you might like to think about where you want to be, who you want to be or what you hope to be achieving in six months or twelve months time. From there, you can consider what needs to happen in three months' time, one months' time, a week from now and so on.



## PART TWO: CHUNK - Break it down into actionable, measurable steps

Actionable, measurable steps will help to make sure that you charge ahead towards your goal, without getting bogged down in things that aren't going to matter or impact on your success. Focus on things that are concrete, rather than feelings or emotions. This section requires objective, rather subjective, items.

1

What is my ultimate goal? Which mini-goals do I need to achieve to get there? Which steps do I need to take to achieve this ultimate goal?

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2

How much weight do I want to lose? Which jeans do I want to fit into?

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Feel free to set non-scale goals too. Walking 2kms, reducing your blood pressure by a specific amount or fitting back into a particular piece of clothing are all actionable and measurable.

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4

Which skills, what knowledge or which tools do I need to achieve this goal? (e.g. new sneakers, a calorie-counting app or a new set of scales)

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What steps do I need to take to achieve my goal? (For example, finishing this book!)

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How will I measure my success? (e.g. being able to walk 2kms or weighing \_\_\_kg)

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## PART FOUR: COMMIT - Give your goal a timeframe

Set a timeframe, give your goal a deadline or apply a time-bound element to your goal. This part of the goal-setting toolkit helps to give your goal a focus, which will prevent little daily tasks or everyday items from getting in the way too often. Some questions that may help to guide you through this process are:

1

By when do I want to achieve this goal?

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Where do I want to be six months from now?

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Where do I want to be three months from now?

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Where do I need to be a month from now in order to be on the right track?

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What do I need to achieve next week in order to be on-track for achieving my goal?

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After you answer these questions, break out your calendar, planner or diary and start putting in appointments with yourself to make sure that you complete the daily, weekly and monthly steps towards achieving your goals.

### NOTES

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## PART SIX: CELEBRATE - Review, rest, recharge and reward yourself

Life is more than simply “go, go, go!” You need to pause and reflect every now and then to consider how much you’ve achieved. Take some time to appreciate how amazing it is that you’ve achieved your goal, before you set a new one. This portion of the goal-setting toolkit will make sure that you give yourself a well-deserved pat on the back.

1

Write down a list of rewards. Make sure these rewards are varying sizes and different types. (They can be everything from five minutes of extra chill out time each evening to a new dress to a facial or massage.)

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2

Remember, rewards don't have to cost money. You might reward yourself with an afternoon walk, a re-read of your favourite book, a cuppa with your favourite friends or a special note “to me from me in three months” giving yourself a well-deserved pat on the back for everything you’ve achieved.

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3

Set a date one month from now, three months from now and further into the future to stop and reflect on how you're doing.

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Is there anything you could change to make things easier or less difficult?

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Are there any tasks that could be automated? Or steps you could remove to make the process simpler?

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6

Rest and recharge: you don't need to be constantly achieving things in order to be successful. In fact, the most successful people acknowledge the importance of periods of rest and recharging. Get lots of sleep, go for nurturing walks in nature, read books that inspire you, pin quotes that make you happy to your pinterest board, listen to motivating music and generally pump positive energy by spending time with people that make you happy.

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