

A black and white photograph of a woman in a gym. She is wearing a dark tank top and leggings, holding a kettlebell in her right hand. She has her left hand on her hip and is smiling at the camera. In the background, there are gym equipment like dumbbells and a rack.

FEMFITLIFE

2023
**GOAL
SETTING**
Roadmap

Your Guide
(STEP-BY-STEP)
to Achieving
YOUR GOALS!

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Welcome!

Whether you are reading this at the start of the new year or half way through, this roadmap will provide you with real possibilities for achieving your goals!

You've got goals – and I've got a plan to help you make them happen.

Your 2023 Goal Setting Roadmap was specifically designed to stop you from falling into the trap that causes most people give up on their goals.

You just need to do TWO SIMPLE THINGS — but in a way that you've probably never done them before.

The two things:

#1 TAKE ACTION. You have to do the actual work of reaching your goals.

#2 FOLLOW THROUGH. You have to KEEP doing the work in a way that actually works.

WELCOME

I'll get into the nitty-gritty details of goal setting and taking action in the next few pages....but first >>

At FEMFITLIFE I help BUSY WOMEN just like you to BUILD CONFIDENCE, whilst getting FIT, FUNCTIONAL & FULFILLED within their own bodies.

My name is Kylie Papazoglou and I am a Certified Exercise Professional registered with AusActive and a Certified Pre-& Postnatal Coach.

I'm a Women's Fitness Coach who wants to help you THRIVE in 2023!

I am dedicated to educating, guiding and supporting a woman's well-being throughout her fitness journey. I help women to build physical strength as well as emotional strength and confidence. I believe that every woman deserves to feel good about themselves and their physical capabilities no matter their fitness goal or stage of life.

If you want to learn more to KICKSTART your own 2023 goals, make sure to check out the last page of this ebook for a SPECIAL OFFER!

I hope this guide gives you a JUMPSTART into an amazing and productive 2023!



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#1 TRAP

PEOPLE FALL INTO WITH

Setting Goals

Ready for it?

They try to do too much, get overwhelmed, and then end up quitting.

See if this sounds familiar ...

You wake up on Day 1 super excited to revamp your body, your health, and basically your whole life!

You have BIG PLANS. You'll drink more water, work out, eat a clean and healthy diet, read more, meditate, and the list goes on.

You go at it HARD, and you do really well for a couple of weeks.

But then one day, you end up with a gnarly craving and splurged on your favorite greasy sandwich from your favorite lunch spot ... which led to chips ... and then a cupcake.

And then you didn't feel like working out ... and started questioning if it was even all "worth" it, or if you could really keep up this pace, anyway.



#1 TRAP

PEOPLE FALL INTO WITH

Setting Goals

Was the sandwich bad? Nope. Chips or cupcake bad? Nope.

The problem is that you're upset at yourself because you didn't follow your plan. And instead of getting right back on track, you start feeling guilty.

And that one day "off" your plan turned into two. And then three.

And then just like that, your NEW GOAL becomes a thing of the past, and you find it right back AT THE START AGAIN

The good news?

That WILL NOT happen this time around.

That's because this 2023 Goal Setting Roadmap will help you avoid that giant trap!

So let's get into the action stops (steps) and how it all works.

THE FIRST ROAD STOP

WHY ARE YOU HERE?



STOP
#1

I know you might expect that the first logical question I would ask you is, "what is it that you want to achieve"? or "where do you want to go on this road trip"?

The truth is, I don't need to know that. I'm sure you've had that idea swimming around in your head for quite some time now.

Am I right?

What I'd really like to know is, **WHY DO YOU WANT IT?** What is your driving purpose?

Many people know what they want but not many can articulate **WHY** they want it.

It is easy to say, I want to travel more, I want a new job, I want more money or I want to lose 10 kilograms? **BUT WHY?** What makes this so **IMPORTANT** to you?

Trust me when I say, that if this is to become a **PRIORITY** in your life, you need to feel a **SENSE OF URGENCY** and have an **I MUST DO** attitude about it!

So if you know **WHY YOU ARE HERE**, you are ready for the information on the following pages.

You are ready to **SET** and **ACHIEVE** your goal/s!

So tell me **WHY ARE YOU HERE?**

You do not need to be articulate and have your answer perfectly written here. In fact, sometimes rambling and just getting all your words down on paper can help you to work it out. You can tidy it up later on in this workbook.

Better out than in (your head) they say! So go ahead and **SPILL THE BEANS** in this space over the page >>>

THE FIRST ROAD STOP

WHY ARE YOU HERE?



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THE SECOND ROAD STOP

WHAT IS YOUR GOAL?

STOP
#2

So now that you know **WHY** you are taking this journey, **PUT IT INTO MORE DETAIL?**

Ask yourself questions like these:

- Where exactly am I going?
- How long will it take me to get there?
- Is there really a means to get there?
- Is it possible to do within my current lifestyle?
- How will I know I've arrived?
- Have I got the resources to take this road trip?

The simple fact is that for **GOALS** to be **POWERFUL**, they should be designed to be specific, measurable, achievable, relevant and bound by time.

At this stage you should be **THINKING CRITICALLY** about your journey? Say your goal is to lose weight. Re frame that to a **S.M.A.R.T** goal like this:

"I want to lose weight because I want more energy to play with my kids. I will lose 5 kilograms over 2 months and I will achieve this by tracking what I eat and increasing my movement to 5 days per week"

Here are a few ideas of goals:

- Lose 5kg of body fat in the next 90 days
- Be able to do 10 push-ups by March 15
- Run continuously for 1.5km in 6 weeks
- Lower cholesterol before your next doctor appointment in April
- Read one book a month
- Eliminate added sugars from your diet within 30 days



TIP

Good goal? Lose 5kg of body fat within the next 90 days.

Not-so-good goal: Lose weight.

THE SECOND ROAD STOP

WHAT IS YOUR GOAL?



STOP
#2

So what exactly are the components that make up a S.M.A.R.T?

S = SPECIFIC

Your goal must be clear and well defined to know exactly where you want to end up.

M = MEASURABLE

Include precise amounts, percentages, dates, numbers and so on, to be able to measure your degree of success.

A = ACHIEVABLE

Don't set a goal that you have no hope of achieving as you will only erode your confidence if you fail. Challenge yourself but don't make it impossible.

R = RELEVANT

Align your goals with your current lifestyle or the new direction you want to take . Don't get distracted with pointless tasks that don't fit into your life or don't align with your other goals or your values and ethics.

T = TIME BOUND

Set yourself a deadline to give yourself some urgency and a finish line in which to celebrate your success.

THE THIRD ROAD STOP

WRITE IT DOWN?



The physical act of writing down a goal makes it real and tangible. You have no excuse for forgetting about it if you have written it down.

Use this space below to write your S.M.A.R.T Goals. Print this page several times if you have more than one goal.

WHAT IS MY SPECIFIC GOAL?

HOW WILL I MEASURE IT'S SUCCESS?

HOW WILL I ACHIEVE MY GOAL?

HOW IS MY GOAL RELEVANT TO MY LIFE?

WHEN DO I PLAN TO ACHIEVE MY GOAL BY?



TIP

Setting too many goals will set you up for failure! Pick your MOST important goal, and start there.

THE FOURTH ROAD STOP

HOW WILL YOU DO IT?



STOP
#4

So now that you know **WHERE** and **WHY** you are taking this journey, **HOW WILL YOU TRAVEL?** How will you achieve the goals that you have set for yourself?

Some road trips are easy, with only one stop! Others require multiple stops, different methods of getting there and strategic thinking along the way, sometimes with **SEPARATE ROAD MAPS**.

I like to think of these as **MICRO STEPS!**

What are the **CRITICAL STAGES** of your journey? This is the stage in your journey where you need to set yourself an **ACTION PLAN**.

What are the actionable steps that you need to take in order to achieve your ultimate goal?

You don't have to know everything or travel the journey on your own! If you don't know how to achieve your goal or what steps to take, **REACH OUT FOR HELP!** There is always an expert, coach or someone who has travelled the same path before, who can help you.

So now you've had a think about it, go ahead and write down the **ACTION STEPS** you need to take to achieve the end goal, for example:

"I want to lose weight because I want more energy to play with my kids. I will lose 5 kilograms over 2 months and I will achieve this by tracking what I eat and increasing my movement to 5 days per week".

THE FOURTH ROAD STOP

HOW WILL YOU DO IT?



STOP
#4

Here are some more ideas of action you might like to take to achieve your goal.

- Create a shopping list
- Create some meal plans
- Buy meal prep containers
- Buy a notebook to track my food
- Determine what route I will walk
- Find a walking buddy
- Set a time of day for my walks
- Set a start date
- Buy walking clothes and shoes
- Download podcasts to listen to on my walks
- Download a fitness tracker
- Ask someone to hold me accountable

Over the page, use the **CHECKLIST** to write down your **ACTION STEPS** below and then enjoy the physical act of **TICKING OFF** the steps.

Doing this will provide you satisfaction and shows what progress you've made!

You can also use a **CONSISTENCY CALENDER** like the one included on page 13. You should aim for 80% consistency but if you want faster results, you will need to aim for 95%. Print out a copy of the calendar for each month and for each goal.

THE FOURTH ROAD STOP

HOW WILL YOU DO IT?



Write down your **ACTION STEPS** below and then enjoy the physical act of **TICKING OFF** the steps. This provides you satisfaction and shows what progress you've made!

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Consistency CALENDER

MONTH:
ACTION:

MON	TUE	WED	THU	FRI	SAT	SUN



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THE FIFTH ROAD STOP

SET YOUR MIND TO IT?



STOP
#5

I won't lie to you, the next step in the journey is often the hardest. This is when you need to adopt the **"I CAN DO THIS"** mindset and continually **VISUALISE** your goal!

Goal setting is an **ONGOING ACTIVITY** and requires regular **CHECK INS** with yourself or with your accountability person/s or community.

It's a good idea to keep coming back to these questions below, time and time again:

- How is my mindset towards my goal right now?
- Do I still remember why I wanted to do this?
- Do I still believe in why I am doing this?
- Have I visualised myself at the finish line lately?
- What does the finish line look like?
- How will I feel at the finish line?
- Am I using affirmations?
- Do I need to alter my finish date?
- Do I need more resources?
- Do I need assistance?
- What is motivating me right now?
- **Do I need to set up contingency plans?**

THE FIFTH ROAD STOP

SET YOUR MIND TO IT?



In regards to that last question on the previous page, do you know what is holding you back from achieving your goal?

Perhaps you need to **SET UP CONTINGENCY PLANS!**

Do you know what makes you uncomfortable or **SABOTAGES** your efforts?

Is it having a certain food in the house? Is it avoiding exercise because it's too hot? Is it not getting enough sleep? Does stress wear you thin?

List here some of the things you believe are stopping you from getting you to your destination.

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THE FIFTH ROAD STOP

SET YOUR MIND TO IT?



Now go ahead and list the **CONTINGENCIES** that you will set in place to stop the sabotage from happening?

Try to frame these positively. Instead of saying **I WON'T** say **I WILL**, for example:

I will exercise in air-conditioning if it is too hot outside.

I will go to bed at 8pm so i can get up half an hour early to go for a walk.

I will buy healthy snacks for the pantry for that 8pm snack attack.

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THE FIFTH ROAD STOP

SET YOUR MIND TO IT?



Lastly decide how you will **REWARD** yourself along the way for the **SMALL WINS** and at the finish line for the **BIG WIN**.

These rewards can be **EXTRINSIC** (something tangible or physical) or **INTRINSIC** (your positive emotional reaction or satisfaction).

List your rewards below and revisit these often to keep you motivated.

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DO YOU NEED ONGOING SUPPORT?

STAY CONNECTED

I hope this guide has been helpful.

You should now be feeling more confident about setting your own goals and more importantly, you should now have a better understanding of how you will go about achieving them.

If you are looking for more insight, inspiration, motivation and support on your journey, then please ensure you stay connected to the **FEMFITLIFE Community** through all of our social media.

FACEBOOK: @FEMFITLIFENT

<https://www.facebook.com/groups/FemFitLifeNT>

INSTAGRAM: @FEMFITLIFE

<https://www.instagram.com/femfitlife/>

YOUTUBE: @FEMFITLIFE

<https://www.youtube.com/channel/UCqgxmFzUAZVNqZOvG3gq6Sg>

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Coach Kylie x

