

Behaviour Goals

In order to successfully reach a goal, and maintain the results, it's important to make a shift from focusing purely on the outcome, to focusing on the specific behaviours required to achieve that outcome.

This eliminates all ambiguity and allows you to understand exactly what you need to do.

It also breaks the goal down into smaller, more realistic actions that you can slot more easily into your life...therefore preventing overwhelm and ensuring you make the right changes for the long-term.

Remember, slow and steady wins the race

So use the following framework for each of your goals, and get as specific as is humanly possible - this is the way to guarantee results that stick.

Check out the accompanying worksheet to give you an example of how to fill this out effectively.

Goal:

By when:



Success Criteria

How I'll know when I've achieved it

Behaviours Req.

How I'll achieve it

Potential Barriers

What might hold me back

Transform

How I'll overcome it

Actions

Specific actions to implement