

DECIDE ON YOUR GOAL AND STICK TO IT

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INTRODUCTION

As a Personal Trainer, I joined this industry after having a complete lifestyle overhaul. Throughout my whole life I've loathed and loved my body, seen it jump up and down on the scales and I've felt both joy and despair whilst looking in the mirror. I've experienced firsthand how it feels to be fat and not able to embrace all the extra junk that I was carrying around. However, I've also experienced how incredible it feels to learn to love my body and feel confident.

I became a Personal Trainer because I want to give back that spark of confidence to those of you that feel like there is no hope, when in fact there always is. It's important to me that I share the truth and show you how you can lose substantial amounts of fat and keep it off forever. I'm not trying to sell myself, I just want to prove that nothing is impossible to the person that tries. The knowledge I acquired is what helped me to succeed as much as I have done and that is why I am sharing it with you.

In this book I will share with you one of the key ingredients to getting ahead. Although this does not cover nutrition and training, this is the main component that most people never really tend to grasp and therefore go off the rails. It's disheartening that some people never really make it.

If you can get to grips with this then you are on track to success and your next steps will have a structure that guarantees

change as long as you work for it. Read it carefully, digest it and be positive.

**“YOU WERE PUT ON THIS
EARTH TO ACHIEVE YOUR
GREATEST SELF, TO LIVE
OUT YOUR *PURPOSE* AND TO
DO IT *COURAGOUSLY*”**

– Dr. Steve Maraboli

GOAL SETTING

There is a simple procedure for what you must do before you step foot in a gym, jog a mile, do a burpee or lift a weight. The initial step is setting a goal. Most people cannot decide on a definitive answer when asked what they want, this lack of accuracy produces mediocre (at best) results and no real procedure to measuring success.

- What do you want to achieve? (be specific)
- Why do you want it?
- What drives you?
- What have you achieved in the past?
- What is important to you?
- In what way will achieving this goal affect your life?

These questions will be those that you come back to when times get tough and in most cases, they do. Rather than fall off the tracks, it's much more effective to slow down and take control of the breaks whilst going back through the reasons why you started.

The secret to staying motivated is to ***Persistently Direct*** your efforts with ***Intensity*** towards one pre-determined goal. The following 7 steps are proven methods for effective goal setting.

1. DREAM BIG!

What do you want? The bigger the gap between where you are now and where you want to be, the more drive you will have to push forward and see it through. There is no limit to what you can achieve as long as your mindset consistently supports this. "The mind is everything. What you think you become" – Buddha.

2. EMOTIONALISE YOUR DREAM

Why do you want it? How will it benefit your life and what will you gain that you don't have already? The most successful people in the world are known for practising meditation, visualising themselves having achieved their goals and reinforcing this change with positive affirmations. If you can hone in on the dissatisfaction that you currently feel and emphasize the positive benefits and happiness you will receive in moving forward, your mind will quickly prepare you to get started.

3. BREAK IT DOWN INTO SMALL STEPS

One big goal can seem daunting and unrealistic, but by breaking it down into small steps this will lighten the load and keep you moving forward. There may be few small steps or there may be many, the things that are most worth obtaining require a lot of persistence because they

throw forward the biggest obstacles, however this way you are prepared for anything. These are your official landmarks of progress; you should celebrate your success when necessary and prepare for the next one.

4. ADD A TIMELINE

Adding a timeline makes you accountable for getting ahead and meeting deadlines. People generally go wrong with this stage because tomorrow, Monday, next week – never comes. Be realistic in how long it will take you to complete each step, this is crucial. Apply this to your goal and to the little steps you will take to achieve this.

5. DEVELOP A CLEAR ACTION PLAN

Write down what you must do in order to get from one landmark to the next. This step sounds similar to step 3 but it is not, this is your plan. How are you going to do it?

FOR EXAMPLE; if my main goal is to lose 10lbs of fat in ten weeks from my starting date, I need to lose 1lb a week. I'd then list how I would do that:

Lose 1lb per week

- **Do a full body weight routine and Spin class 2x per week** (weight training builds muscle tissue that causes an increase in your metabolism, causing your body to burn more calories throughout the day. Any form of cardiovascular activity that requires you to exert all of your energy in bursts on a high resistance and then slow down to a comfortable crawl, decreasing your heart rate it referred to a HIIT. Also known as, High Intensity Interval Training. An intense and time efficient workout that burns fat like a good'n, increases your fitness levels and makes you feel like a champion when you're finished)
- **Drink 2 litres of water each day** (over half of our body is made of water, it's vital for our health to stay hydrated. It's also a proven fact that drinking large quantities of water increases fat loss. Much like starvation, when you are dehydrated the body goes into caveman mode, not knowing when you will next find water. At this stage the body starts to retain water leading to water weight)

- **Consume most of my carbohydrates earlier in the day**

(Carbohydrates are found in most foods in the form of sugar, wheat etc. Depending on the source makes a huge difference to how fast the body breaks it down and feeds it around the body. By consuming most of your carbohydrates by early afternoon, you give your body a chance to neutralise your sugar levels well before you go to bed therefore preventing unnecessary overnight fat storage)

- **Jog for 30 minutes every Monday**

(steady state cardio keeps your heart rate elevated for the duration of your activity. This is important to maintaining a healthy heart and burning calories)

6. ASSESS PROGRESS AND REVIEW AS YOU GO

Track your progress each week and pay close attention to the results, each week should reflect and improve from the week before. If it's not, look back and try to pinpoint where you went wrong and then adjust your plan with corrections for the following week.

7. REWARD YOUR SUCCESS

To follow a goal all the way through from thought to completion is a big accomplishment. Reward yourself and prepare for your next journey.

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Whatever you want to achieve, learn to love the person you are,
in the body you have, throughout the journey you're on. If you
can learn to love the process of progress then the results will
come.

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