

# FITNESS TOGETHER'S GUIDE TO ACHIEVING YOUR GOALS IN 2016



One Client. One Trainer. One Goal.

## How to set great goals and achieve them in 2016.

New Year's always seems like the best time to make new goals and change your life for the better. But why do so many people fail? Did you know that about 50% of the population makes at least one New Year's resolution each year? Did you also know that almost 88% of those people fail at keeping them? That's a lot of failures...and no, I'm not giving you an "everyone else is doing it" excuse to fail. ;) Researchers have been working to figure out why this is. Why can't more of the population succeed at their goals each year?

Some psychologists believe that people make resolutions

because it's the "thing you do at the beginning of the year" and these people aren't really ready to change their bad habits. It could also be that people set unrealistic goals. If you're truly not ready to change and you've set unrealistic goals, you're setting yourself up for failure.

A psychology professor named Peter Herman has identified what he calls the "false hope syndrome" which means a person's resolution is significantly unrealistic and out of alignment with their internal view of themselves. This is where **positive affirmations** can help ... more on that coming up ...

### Quick Tips for Achieving Your Goals in 2016

#### #1

Don't get hung up on "Resolutions" ... Set goals, achieve them, then set new ones. It's a continual process, not something reserved for Jan 1st.

#### #2

Take your time and set goals that are meaningful to you.

#### #3

Set realistic/specific goals. Be specific about what you want to do and set a time frame that won't set you up for failure.

#### #4

Use positive affirmations that support the achievement of your goals daily.

#### #5

Have an accountability buddy. Share your goals and support each other until you've achieved your goals ... then start over with new goals.

Another common reason that people fail at keeping resolutions is the cause and effect relationship. They think if they lose weight, exercise more, or reduce their debt, that their entire life will change ... and that's not always realistic. When reaching a goal doesn't make their life 100% peachy, they revert back to old behaviors ... which only adds to their unhappiness.

### How do we successfully achieve our goals?

There are lots of great tools and strategies that can help you succeed. The quick tips to the right hit the high points and we'll go over them in detail here...

- \* **Pick one resolution per life aspect (physical, spiritual, relational, professional, etc...) and become very specific with that goal.** For example: Don't set a goal to "lose weight". Set a goal to "lose 30 pounds of fat within the next 6 months."
  - \* After picking your resolution, **aim for a small change first** ... which will lead to a bigger change. For example ... a resolution to quit smoking. Small change ... cut out 1 cigarette a day for a specific amount of time. Then cut out 2. Keep going until you've reached your goal. Most goals aren't meant to be met over night.
  - \* **Take time when setting your goal(s).** Don't reflect on New Year's Eve and set your goals that night. Spend as much time as it takes to come up with goals, that when achieved, will be most meaningful to you.
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- that night. Spend as much time as it takes to come up with goals, that when achieved, will be most meaningful to you.
- \* **Changes in our life have to happen in our brains first.** This is where positive affirmations can make you successful. Because affirmations are, to us, the most important things to helping you become successful, we have a whole section devoted to just that ... keep reading.
  - \* **Grab a buddy and tell each other your goals.** Plaster it on social media if you want, but make it known to someone else. If you're trying to eat healthier, grabbing a pizza in front of this person will be a lot less likely to happen. People typically don't want others to see them fail so letting a good friend know your goal and asking them to help keep you accountable will get you one step closer to being successful.
  - \* **Celebrate success!** If your goal was related to better nutrition and you successfully exchanged an unhealthy breakfast for a healthy one for a month ... reward yourself (a new pair of shoes or a fun app on your phone ... whatever). Celebrating success is motivating ... and that's key for long-term success.
  - \* **Focus on one day at a time** ... super important!! Wake up each morning and think about one thing you can do (or not do) to help you reach your goal. If you drop the ball one day, don't throw in the towel. Don't wait until the next day or "start again on Monday" ... start over that very moment.

## Quick Tips Continued...

### #6

Celebrate your success at milestones. Remember those small steps we mentioned? ... Celebrate climbing them.

### #7

Focus on each day as it approaches ... What can I do on this day that would help me reach my goal.

### #8

Set goals that better your physical, spiritual, relational, and professional wellbeing.

### #9

Don't take yourself too seriously ... life is too short to be stressed about breaking a resolution.

### #10

Don't throw the baby out with the bath water. If you slip up, dust yourself off and get back to work ... you're worth it.



# Try For More Of This ... And Less Of That



## MORE OF THIS:

### MEATS:

chicken, duck, turkey, pork tenderloin, pork chops, lamb, steak, bacon, grass fed beef, ground beef, buffalo

### FISH:

shrimp, clams, lobster, mussels, oysters, salmon

### EGGS:

duck, chicken, goose, quail, caviar, roe

### VEGETABLES:

artichokes, asparagus, avocado, beets, broccoli, brussels sprouts, cabbage, carrots, celery, eggplant, kale, onions, peppers, spinach, zucchini

### OIL and FATS:

avocado oil, coconut oil, macadamia oil, olive oil, grass fed butter (ghee)

### NUTS:

almonds, cashews, pine nuts, pumpkin seeds, pecans, hazelnuts, sunflower seeds, macadamia nuts, walnuts

### FRUITS:

apples, avocados, blueberries, blackberries, strawberries, raspberries, grapes, plums, peaches, papayas, lemons, limes, pineapples, cantaloupe, figs, oranges, bananas, watermelon.

## LESS OF THAT:

### DAIRY:

cheese, butter, cottage cheese, milk, creamer, yogurt, pudding, cream cheese, frozen yogurt, ice cream

### DRINKS:

sodas, fruit juices, energy drinks, alcohol (if you must consume alcohol...gin, rum, tequila, and red wine are the better choices)

### GRAINS:

cereal, bread, crackers, oatmeal, corn, wheat products

### LEGUMES:

beans, peas, soybean, chickpeas, snow peas, sugar snap peas, peanuts, lentils, miso, tofu

### FATTY MEATS:

hotdogs, spam, low-quality and processed meats (packaged deli meats)

### SWEETS:

sugars, sweeteners, candy, honey (unless raw and in small amounts)

### STARCHY VEGGIES:

potatoes, yucca, yams, beets

### EXTRAS:

Try to steer clear of foods high in sodium or from adding extra salt to your diet (if you do, use high quality kosher sea salt)

# What are affirmations and how do I use them to achieve my goals?

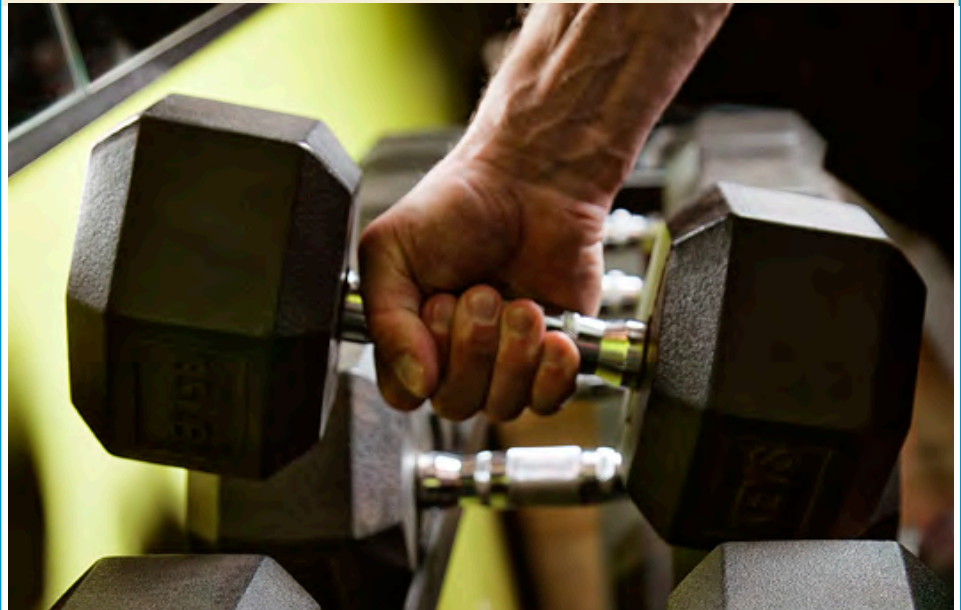
Affirmations are positive statements that describe a desired situation or goal, and are often repeated, until they get impressed on the subconscious mind. This process causes the subconscious mind to strive and to work on your behalf, to make the positive statement come true. When you know how to use affirmations, you've got a great tool for achieving success and for improving your life.

Most people repeat (in their minds) negative words and statements concerning the situations and events in their lives ... and consequently, create undesirable situations. Words work both ways, to build ... or to destroy. It is the way we use them that determines whether they are going to bring good or harmful results.

Your subconscious mind accepts as true what you keep saying. It attracts corresponding events and situations into your life. So why not choose only positive statements, in order to get positive results.

Imagine that you are swimming with your friends at the pool. They swim fifteen rounds, something you have never done before, and since you want to win their respect, you want to show them that you can make it too. You start swimming, and at the same time keep repeating in your mind, "I can do it, I can do it...". You keep thinking and believing that you are going to complete the 15 rounds.

What are you actually doing? You are repeating positive affirmations. In a different situation, you might find yourself repeating, "I cannot do this", "It's



too big for me", "It is not going to work out", and consequently, lose ambition, motivation and faith, and actually bring about what you said to yourself.

It's very important to pay attention to the words and phrases you repeat in your mind. Are you using negative statements, such as:

- I cannot do this.
- I am too lazy.
- I lack inner strength.
- I am going to fail.

If you discover that these, or similar words run through your mind ... change them. Your words and thoughts program the mind in the same way that commands and scripts program a computer.

Repeated positive statements help you focus your mind on your aim. They also create corresponding mental images in the conscious mind, which affect the subconscious mind. In this way, you program your subconscious in accordance with your will.

This process is similar to the way create visualization works. The conscious mind (the mind you think with) starts this process, and then the subconscious mind takes charge. By using this process consciously and intently, you influence your subconscious mind, and in turn, it transforms your habits, behavior, attitude, and reactions, and even reshape your external life.

How long does it take to get results? Things may happen immediately, in a few hours, in a few days, or take weeks or longer. This depends on your focus, faith, strength of desire, the feelings you put into the words, and on how big or small your goal is.

Use the Worksheets on the next couple of pages to set your goals, identify the behaviors that will lead to their achievement ... and set the corresponding affirmations. Then, read your affirmations out loud multiple times each day.

Source:  
[www.successconsciousness.com](http://www.successconsciousness.com)



# Goal Achievement Worksheet



**Goal / Resolution:** Write down your goal here

**Behavior(s):**

In this space, write down the behaviors you would expect to result in the achievement of your goal.

**Affirmation(s):**

In this space, convert the behaviors to the left into statements of affirmation, that you will read aloud to yourself multiple times each day.

**Goal / Resolution:** **example** I will learn to play the piano this year

**Behavior(s):**

Take lessons from a professional instructor  
Practice scales and finger exercises daily  
Read and watch videos on music theory

**Affirmation(s):**

I value time with my instructor and never miss  
I practice my scales and finger exercises daily  
I read and watch videos on music theory

**Goal / Resolution:** **example** I will lose 50 lbs. in 2016

**Behavior(s):**

Hire a trainer for proper coaching and accountability  
Plan meals weekly so never caught off guard  
Motivate others to make positive changes

**Affirmation(s):**

My training is important and I never miss sessions  
I plan my meals so that I'm not forced into bad decisions  
I inspire, motivate and encourage others to get healthy

# Goal Achievement Worksheet



**Goal / Resolution:**

**Behavior(s):**

**Affirmation(s):**

**Goal / Resolution:**

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**Affirmation(s):**

**Goal / Resolution:**

**Behavior(s):**

**Affirmation(s):**



This easy super easy dish is loaded with flavor and has a few options to help change it up.

source: closetcooking.com

## Chipotle Lime Grilled Shrimp

### Grilled Shrimp on a Stick

1 pound shrimp, peeled and deveined  
1 chipotle chili in adobo, chopped  
2 teaspoons adobo sauce  
2 limes, juice and zest  
2 cloves garlic, chopped  
1 teaspoon cumin, toasted and ground  
salt and pepper to taste

Marinate the shrimp in the mixture of the remaining ingredients for at least 20 minutes. Skewer the shrimp and grill over medium-high heat until cooked, about 1-3 minutes per side.

**Tip:** Add the chipotles to the marinade one at a time and taste test for heat.

**Option:** Add 1 tablespoon honey to the marinade.

**Option:** Add 2 tablespoons cilantro to the marinade.

**Option:** Add a splash of tequila to the marinade.



This is a "cute" way to eat your veggies and a great app to take to a Super Bowl party!

source: freshdreamer.com

## Get in that Serving of Veggies!

### Veggie Sushi

½ cup cashews, soaked overnight in water  
1 Tablespoon rice vinegar (optional)  
3 – 4 zucchini (each yields 6 – 8 slices)  
2 carrots, sliced into matchsticks  
1 cucumber, seeds removed and sliced into matchsticks  
4 medium radishes, sliced  
1 avocado, peeled and sliced  
1 small bunch cilantro  
Drain cashews and put into food processor with rice vinegar.

Process, scraping sides with spatula if necessary, until cashews are a soft paste but still have some texture. (Depending on how long cashews were soaked you might need to add a tablespoon of water to get the right consistency.)

Chop the ends off of your zucchini and use a vegetable peeler to peel your zucchini into long, thin strips.

Lay zucchini strip flat and add a small spoonful of cashew mixture onto one of the ends of zucchini.

Add a few matchsticks of veggies, avocado, and a couple of pieces of cilantro.

Roll up and enjoy!



We love bacon but sometimes a brussels sprout is hard to swallow ... but not with this combo. Just give these sprouts a chance!

source: [fitfoodiefinds.com](http://fitfoodiefinds.com)

## Anything with Bacon is Yummy...Right?

### Bacon Wrapped Brussels Sprouts

12 strips of bacon  
12 medium/large brussels sprouts  
pepper, to taste

Preheat oven to 375°F and line a baking sheet with tin foil.

Then, prep brussels sprouts by washing and patting dry with a paper towel.

To make bacon wrapped brussels sprouts. Place a

brussels sprouts at the top of a piece of bacon. Then roll it up, your bacon inside the brussels sprout and place on baking sheet. Season with pepper, to taste.

Bake at 375°F for 30-35 minutes depending on how crispy you like your bacon.

To serve, insert a toothpick into each brussels sprout.



Love scallops but don't know how to cook them with a lot of flavor? Try this delicious recipe!

source: [noshandnourish.com](http://noshandnourish.com)

## Yummy Coated Sea Scallops

### Walnut Encrusted Sea Scallops

12 ounces Wild Sea Scallops (defrosted)

1/2 cup Almond Meal

2 Eggs

1 cup Walnuts (crushed)

2 tablespoons Coconut Oil

1/8 cup Yellow Mustard

1/8 cup Brown Mustard

1/4 cup honey

Set out 3 small bowls, one with almond meal, one with eggs (stirred with fork), and one with crushed walnuts.

Melt 2 Tbsp Coconut Oil over medium high heat in a skillet.

Coat each sea scallop with almond meal, then dip it in the egg mixture, then coat with crushed walnuts. Add into hot skillet. Repeat for 6 scallops.

Cook for approximately 4 minutes on each side, flipping carefully with tongs to keep the coating in tact. Scallops should be opaque white and not translucent when fully cooked.

Combine the sauce ingredients in a small bowl: yellow mustard, brown mustard, and honey.

Dip scallops in the sauce and enjoy!





If you need a sweet treat, this is the perfect one to satisfy that craving! Packed with protein and just the right amount of sweetness.

source: elanaspantry.com

## We're Nuts Over this Bread!

### Banana Nut Bread

- 3 bananas (about 1-½ cups) mashed**
- 3 large eggs**
- 1 tablespoon vanilla extract**
- 1 tablespoon honey**
- ¼ cup palm shortening (we use coconut oil)**
- 2 cups blanched almond flour**
- ½ teaspoon celtic sea salt**
- 1 teaspoon baking soda**

Place bananas, eggs, vanilla, honey and shortening in a [food processor](#)

Pulse ingredients together

Pulse in almond flour, salt and baking soda

Scoop batter into a greased [7.5 x 3.5 magic line loaf pan](#)

Bake at 350° for 55-65 minutes

Remove from oven and allow to cool



The Paleo Kitchen is a great source for delicious healthy meals. This one is a fave! Try out some of their other yummy recipes too!

source: The Paleo Kitchen

## Juicy Flavorful Chicken

### Honey Mustard Chicken Thighs

- Juice of 2 lemons**
- ¼ cup extra virgin olive oil (or melted fat of choice)**
- 1 teaspoon garlic powder**
- 2 pounds bone-in, skin-on chicken thighs**
- Coarse sea salt and freshly ground black pepper, to taste**
- 1 clove garlic, minced**
- 1 teaspoon fresh thyme leaves, minced**
- 1 teaspoon Dijon mustard**
- 2 tablespoons raw organic honey, melted**

Preheat your oven to 400°F with the rack in the middle.

Combine the lemon juice, olive oil, and garlic powder in a mixing bowl and stir to combine.

Add the chicken thighs and coat the chicken in the marinade. Season the thighs with salt and pepper.

Place the chicken thighs skin side down on an [elevated rack](#) on a rimmed baking sheet and place in the hot oven for 30 minutes.

While the chicken is cooking, combine the garlic, thyme, mustard, and honey in a small bowl and mix well.

Take the chicken out of the oven and brush the honey mustard on both sides of the chicken.

Flip the chicken skin-side up and return to the oven for 5-10 minutes or until the thighs are cooked through and the skin is nicely browned.

Remove from the oven and brush on extra honey mustard if desired.