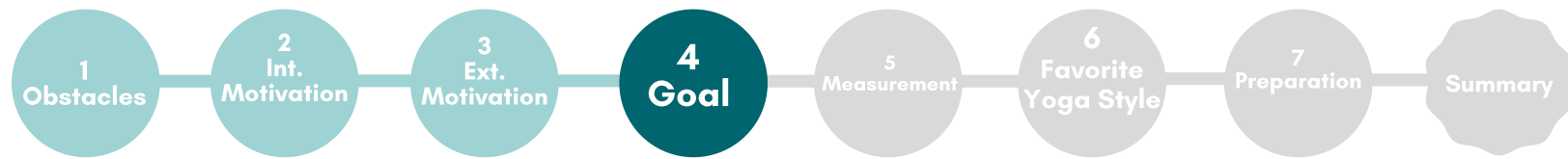


DAY 4. SET A CLEAR GOAL



To achieve anything, you first need to have a clear goal. Only those who know their way get there.

Goals can be related to both the body (weight, muscle) and the inner state (better health, more productive mind). How to set goals?

SMART GOALS, REAL GOALS, CONCRETE GOALS

- ✓ The most important thing is to set a **smart goal**. A smart goal is one that is actually reachable. Unrealistic goals are frustrating and greatly reduce motivation. Choose a goal you can really reach.
- ✓ A **real goal** is one you want to achieve yourself. Not because someone else is doing it. Not because it's trendy right now, but because you really want it. Just ask yourself: "Is this what I want to achieve for myself, or for others?"
- ✓ A **concrete goal** is specifically formulated and is easier to achieve than goals that float generally around the mind. The purpose must not create fear or a feeling that "This is impossible for me." Rather, the right goal must motivate you, make you feel great, and make you want to pursue it.



SETTING TERMS AND DATES

Once you have set a goal, it is recommended that you define specifically when you intend to achieve it.

Short-term goals are always easier to achieve because achieving long-term goals requires more motivation and action. In terms of long-term goals, you need to divide your goal into smaller steps. For example, what you are going to achieve within one month, or in one week, or even after every yoga session. It's much easier to stay motivated while setting smaller goals that are possible to achieve.

Also remember that **in yoga you may have a constant goal** that may seem to have no end date. For example, relaxation. If your goal is to relax, you may feel relaxed often after almost every session. But if you compare how you managed to relax when you started doing yoga, and how you manage to relax after years of yoga practice, you'll probably see a big difference. Maybe your relaxation will be much deeper and easier to reach. So it's important to understand exactly what goal you want to achieve.

Enjoy the results! It's important to learn how to enjoy even small achievements. Every slight change must be evaluated. Even if you have been able to start your yoga class or even finish it, it is already a great achievement worth enjoying. It is better to take small steps every day than to do nothing and go nowhere.

! Don't forget to reward yourself after every small step you make. It helps you to collaborate more with yourself and, of course, to stay motivated.



TASK 1. SET GOALS

Goal

Write down your main goal. Later write down your weekly goals – they will be your smaller steps on the way to a bigger goal. Keep in mind that the weekly goal may be repeated. It depends on your main goal.

Period

Define the time in which you want to reach your goal. Plan your weekly goals for the upcoming month.

How will I know I have achieved this

Describe how you will realize that you have reached your goal. What external and internal changes do you expect to notice and feel?

Reward

From the previous topic, choose how you are going to reward yourself when you reach your goal. You are free to choose if you are going to reward yourself for only your main goal or for weekly goals as well.



TASK 1. SET GOALS

EXAMPLE

<p>My Main Goal</p> <p>Feel healthier, have more productivity and energy</p>	<p>Period</p> <p>1 Month</p>	<p>How will I know I have achieved this</p> <p>I will be able to do more daily tasks. I will feel that the mood and general well-being will get better.</p>	<p>Reward</p> <p>Go to the SPA</p>
<p>My Weekly Goals</p> <p>Start walking everyday</p> <p>Yoga at least 20 min/3 times per week</p> <p>Yoga at least 20 min/3 times per week</p> <p>Yoga at least 30 min/3 times per week</p>	<p>Period</p> <p>First Week</p> <p>Second Week</p> <p>Third Week</p> <p>Fourth Week</p>	<p>How will I know I have achieved this</p> <p>I will count steps</p> <p>I will count workouts and mood after</p> <p>I will count workouts and mood after</p> <p>I will count workouts and mood after</p>	<p>Reward</p> <p>Favorite meal/movie</p> <p>Favorite meal/movie</p> <p>Favorite meal/movie</p> <p>Favorite meal/movie</p>