

A Goal Worth Pursuing Activity

"Setting goals is the first step to turning the invisible into the visible." Tony Robbins

Nike's timeless motto of "Just do it" is both simple and profound. If we truly want something in our lives, then we will make the time and effort, not just to think about it, but actually do what it takes to get it. As part of the "Plan of Action" phase of the From "WOLF to ALPHA" process, we have discussed methods you can use for creating a measurable and attainable goal including the S.M.A.R.T. goal framework and the GROW model. I have provided an outline of these tools, which you will use in this activity today, to guide you.

S.M.A.R.T Goal Framework:

Goal- "I will train for the [marathon of your choosing] scheduled for [date-a one year goal would be realistic] by following a structured training plan, gradually increasing my weekly mileage to 45 miles, and successfully completing at least one half-marathon as a milestone before race day."

Specific: I will train for and successfully complete a marathon one year from now.

Measurable: I will follow a structured running plan, gradually increasing my weekly mileage to reach 45 miles per week by race day.

Achievable: I will train consistently, running at least five times per week, cross-training twice a week, and ensuring adequate recovery and I will track my progress in a digital or hand written journal.

Relevant: This goal aligns with my desire to improve endurance, challenge myself, and accomplish a significant fitness milestone in my life.

Time-Bound: I will prepare for six months, and complete at least one-half marathon in that time to assess my progress, with my marathon scheduled for [date].

Instructions: Step 1:

Using the provided S.M.A.R.T goal example above, I want you to create your own goal below.

Goal- _____

Continue on next page:

Specific - _____

Measurable- _____

Achievable- _____

Relevant- _____

Time-Bound- _____

Now that you have a beautiful, wicked S.M.A.R.T goal written down, I want you to apply it to the GROW model next.

GROW Model: Create a goal, determine a baseline for where you are at in respect to the goal, explore what materials, steps, and obstacles are involved, and then, create a plan of action and through will-power, unwavering commitment to success, reach your desired outcome.

Goal - (Insert your S.M.A.R.T goal here) _____

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Reality- Make an honest assessment of where you are currently at, in relation to achieving your goal.

Example- I can run a 3K race with moderate difficulty, however, anything beyond that distance and I would have to walk or jog it to finish.

Options- Identify what materials/skills you will need to acquire, what obstacles you may face, and the first step you must take towards completing your goal.

Example- Some materials I will need are running shoes and gear, an app or tool for measuring my pace and progress, and an appropriate route that will adequately resemble the site of my upcoming marathon. I will also need to improve my breathing skills, and posture while running. An obstacle I may encounter is having the time to commit to my training plan, potential unknown physical limits or ailments that may arise during training.

The materials/skills I will need are _____

Some obstacles I may face are _____

A first step I can take is _____

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WILL- Identify how you are going to hold yourself accountable through this process.

Example- In order to hold myself accountable, I will set goal-related reminders on my phone. I will utilize a journal to help track my efforts and progress. If a life event occurs, I will try and reschedule my training time as needed to ensure I am making effective progress. I will invite a friend, colleague, or family member to join me in my journey to conquering a marathon, and hold one another accountable.

Wrap up:

If you took the time to develop a goal using the S.M.A.R.T framework, and apply it to the GROW model, you now have a written plan of action and are well on our way to making your dreams a reality!

Written by: Man With a Plan