



Motivation and Goal Setting

Nirvana Spa and Pulse 8 Seminar Series – Week 1



Your ability to stay motivated can be the difference between success and failure. Motivation is what gives you the drive and determination to start things and to keep doing them. Goal setting is a great way to stay motivated and gives you a clear direction towards an outcome.



“Plan the work, work the plan”

Sugar Ray Robinson – World Boxing Champion



- **Types of Motivation:**

Intrinsic – The Motivation you generate within

- A drive to succeed and achieve goals
- Self praise and recognition of your successes

Extrinsic – The Motivation from external sources

- Praise from your peers
- Awards, trophies or certificates



- To stay motivated it is vital that you are able to measure **improvement** and **progression**. To achieve This, always include the following rules in your training plan:

- **Measure your start state**

This can be your running time over a set distance, body fat and muscle mass levels, maximum lifts on weights or how you eat on a daily basis!



Make your goal achievable

- When you set your goal make sure it is one that is important to you and that you believe in it 100%. Goals designed by other people without your 'buy-in' are rarely achieved

Stay focused on your goal!

- Never lose sight of the reason why you are training and regularly remind yourself of its importance to you.



Be flexible towards your goal!

- Be prepared for the fact that you will not always be able to train. Holidays, illness, injury and work may temporarily set you back, but be prepared for it and stay focused on that goal.

Record your training and results

- View your progress!!! This will keep you on track to achieving your goal, take time to look at how far you have come already.



Take time to bask in your glory!

- This is vital. Make sure you treat yourself and be proud of any improvements you have made. You have earned them! This is a key step to building your intrinsic motivation and helping you to move forward to the next goal!



At Pulse 8 we use a Goal-Setting method called SMARTER to help you build a goal and make it applicable to you.

This stands for:

- S – Specific
- M – Measurable
- A – Achievable
- R – Relevant
- T – Time Scale
- E – Exciting
- R – Recorded



The use of *Imagery* and understanding the *Benefits* and *Consequences* of building your goal can dramatically help you to want to achieve it.



GOAL SETTING & ACTION PLAN!



Goal Setting

The reason why you are starting an effective eating and training plan is:	
Your fitness or health goal is?	
Your appearance goal is?	
Imagine yourself in 5 years time doing the same old things in motivation, nutrition and exercise. Visualise yourself as if you were watching a video. What do you see?	
What will be the consequences to your life and confidence?	
How will that make you feel?	
Imagine yourself in 5 years time with a more positive attitude, with great nutrition and regular exercise. Visualise yourself again. Now what do you see?	
What will be the benefits to your life and confidence?	
How will that make you feel?	

Action Plan

Nutrition

My daily nutritional goal is to:	
I need to learn more about:	
I will change my eating routine by:	
I shall eat more:	
I shall eat less:	
I shall drink more:	
I shall drink less:	

Exercise

My weekly exercise goal is to:	
I need to learn more about:	
The amount of training sessions per week I am going to commit to are:	
The days and time I am going to train will be:	
Each session will last no more than and no less than (in minutes):	

Measures

I will measure my appearance improvements every 6 - 12 weeks by:			
I will measure my fitness improvements every 6 - 12 weeks by:			
My measure results are:	Start Date <input type="text"/>	Date <input type="text"/>	Date <input type="text"/>



EVALUATING YOUR TRAINING PLAN!



Why?

- Challenging the body will get continued results
- Plateau effect!
- If you don't continually evaluate and change your training plan you will find your results will soon start to plateau and this could lead to a negative affect on your motivation!



Evaluate your levels of resistance, exercise and order

- Constantly increase the resistance as you get stronger to maintain '**overload**'
- Continually change the exercises and order to keep the body guessing
- Ensure you initiate a full programme change every 6 to 12 weeks



Evaluate your Nutrition

- Adjust your nutritional intake daily according to the length of time, intensity and type of activities
- As your body weight changes, ensure you recalculate your requirements
- Weather conditions – heat, humidity, cold, these can affect the rate at which you burn calories and utilise water.



Evaluate your goals

- Make sure you adjust your next short-term goal based on the results you have achieved so far.
- If you face a challenging week with a failure to complete your regime, don't ignore it. Prioritise the most important sessions and adjust the next few days accordingly



And Finally.....

- Record your planning and evaluation to help you identify any trends to make sure you don't make the same mistake twice!



Questions?