

## 2018 Goals To Keep - It's OK to Re-Keep if You go Off Track for a Bit!

Hey, you set a measurable goal, started, and then stopped. That's normal with new routines. Well, at least you started in the first place, and that's brilliant! The way that you achieve your goal is first setting it in a measurable way, and then by getting going again, even after a short break. Success comes in stages and you need to log them. It's natural for everyone to stop. So if you started and stopped, simply restart again, with a reminder that each step forward is a valid contribution.

Consistency will become natural if you simply restart each day! Establishing a discipline in one area of your life will have positive impacts in other areas too. Lucky you!

For most people, it's vital to define what you want first, then log it, and then do it. You really don't need to spend any money until you have established a regular Routine or Discipline! Then consider that you've earned a gym membership, some new equipment, or whatever is important to you! Just make a start.

### Examples:

**Goal – Get to a feel-good weight: – Get to 168 lbs.** from 198 lbs. now – don't care how long, just a routine of seeing a decrease in weight each week! "The closer I get, I gain confidence!"

Date	Weight
Jan 8 2018	188.8 lbs.
Jan 15 2018	188.3 lbs.

### Goal – Feel good about my energy level and muscle tone – sleep better as a result

Date	Time/Distance	Type	Wins!
Jan 3 2018	30 / 3 km	Stretching/Walking	Veg. / Water / no chips in house
Jan 4 2018			
Feb ?	30 / 4 km	Walking and Running 50/50	
March ?	45 / 5 km – 3 types and two reps.	Jogging + light weight routine	

### Goal - Read more non-fiction: One Book Per Month in 2018

Date	Title
Jan. 2018	The 100 Year Old Man
Feb. 2018	The Girl Who Kicked the Hornets Nest