

# NAUGHTY GYM

# Goals

## E-BOOK



**SET A PLAN.**  
**WORK THE PLAN.**  
**ADJUST THE PLAN.**  
**REPEAT.**



# CONSISTENCY IS KING

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The best first goal to set for any fitness routine is often a consistency goal.

When we are consistent in our weekly workout routine...

...then we improve our **NUTRITION**, we don't want to undo the hard work we put in at the gym with a bad diet!

...then we improve our **SLEEP**, we increase both our sleep pressure (our desire to go to sleep) and our quality of sleep.

...then we improve our **STRESS**, we immediately get the happy endorphins after our workout!

How many days / week are you able to work out right now? What is the best time for you to workout consistently on weekdays and weekends?

# WHY IS FITNESS IMPORTANT TO YOU?

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Who all is affected by your health & fitness? (Family, friends, co-workers, etc.)

What other areas in your life will improve when you improve your health and fitness? What areas outside of the gym will improve?

How will you feel once you have achieved your fitness goals?

## WRITE OUT YOUR WHY STATEMENT

Take a moment to pull out your phone and write out your why statement. Think of the questions above and try to include the answers to those questions. Use as much detail as possible.

*When our **Why** is strong enough we can overcome almost any **How!***

# CREATE MEANINGFUL GOALS

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## THE 3 TYPES OF GOALS TO CREATE CHANGE:

1. Change An Outcome
2. Change A Process
3. Change Our Identity

### 1. CHANGE AN OUTCOME

"I want to lose weight", "I want to build muscle", "I want to have more energy", etc. We want to make a change that requires a specific outcome or result.

### 2. CHANGE A PROCESS

"I will workout each morning at 6:00 am, 5 days a week", "I will meal prep every Sunday and Wednesday", "I will be in bed reading by 9:00pm each night", etc. We want to implement new habits and systems that lead us to the outcomes we want, and create long term behavior changes.

### 3. CHANGE OUR IDENTITY

"I am a person who prioritizes health and fitness." Changing how we see ourselves is a profound shift that leads to new habits and new behaviors so we can live into our ideal self.

The deeper and more meaningful our goals are the easier it becomes to create habits and systems that lead us towards goals.

# THINK: "WHAT WOULD A HEALTHY PERSON DO?"

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Our identity is everything we believe ourselves to be that influences everything we think and everything we do. Our current behaviors are a reflection of our perceived identity, who we think we are.

To change our behaviors, we need to think about who we want to be and create behaviors that allow us to live into this new identity.

If we want to be healthy, happy, fit people we must live into the identity of a person who is healthy—a person who prioritizes their health and fitness.

For every decision we make, we can ask ourselves: “What would a healthy person do?” and then we go and do that.

## A SIMPLE 2-STEP PROCESS TO CHANGE OUR IDENTITY:

**First**, we think about the type of person we want to be.

**Second**, we must create small shifts in our habits that allow us to live more and more into this new identity each day.

# ACCOUNTABILIBUDDY

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*"If you want to go fast, go alone. If you want to go far, go together."*

## WE ARE MORE SUCCESSFUL TOGETHER

**Workout with a buddy**, a friend, a family member, a co-worker, etc. Some days we all feel like sleeping in, skipping the gym, or eating the donuts we definitely don't need in our diets. But when we have an appointment planned with someone else who is counting on us it helps to hold each other accountable. When we are accountable we become more successful at setting habits that stick, habits that allow us to reach our goals.

**Get a Coach**, someone with the knowledge to help you progress faster. A coach will help you to stay dedicated to your continued success even when you do not feel motivated. A coach will help you navigate the many obstacles that come up on the way to reaching your goal, cares about your long term success, and will help you to know the exact next steps you need to take to reach your goal. At Naughty Gym we have professional Coaches who can help you on every step of your fitness & health journey.

**Workout in a group setting** to get the motivation of the group atmosphere. Burpees are better when done in a group of people that make you smile!

# SET YOUR GOAL

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## **MY GOAL IS...**

Which area do you want to focus on: Sleep, nutrition, movement, time & stress management?

## **I WILL ACCOMPLISH THIS GOAL BECAUSE...**

Why is it important to you? Who all is affected by your health and fitness? How will you feel once you have accomplished this goal?

## **I WILL ACCOMPLISH THIS GOAL BY DOING...**

What is your plan? What habits will help you achieve this goal?

## **MY REWARD FOR ACCOMPLISHING THIS GOAL IS...**

What do you get when you accomplish this goal? Do you get to fit into a bikini for a trip? Did you buy yourself a gift that you only get once you have accomplished this goal?

## **I WILL BE HELD ACCOUNTABLE BY...**

Who all do you trust to help you stay accountable to taking daily consistent action toward your goal?

## **DATE I WILL ACCOMPLISH THIS GOAL BY:**

Is this a 1-month, 3-month, 6-month goal? What is the end date you will have achieved this goal by? Is this timeline realistic to achieve your goal?

# TAKE CONSISTENT, DAILY ACTION

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When you have your:

**Goal:** A clear vision of where you want to go

**Plan:** A map of the route to get there

**Why:** A strong purpose for beginning the journey

...You just have to start!

Don't strive for perfection, that doesn't exist. Instead, strive for *consistent, daily action*.

Work the plan every day. Adjust the plan as necessary. Repeat this process until you reach your goal!





**YOU'RE STILL HERE? WHAT  
ARE YOU WAITING FOR...  
START NOW!**

**SET A PLAN.  
WORK THE PLAN.  
ADJUST THE PLAN.  
REPEAT.**

**IF YOU NEED MORE  
ACCOUNTABILITY, JOIN OUR  
ONLINE COMMUNITY!  
OUR COACHES ARE HERE TO  
HELP!**

**NAUGHTYGYM.com**