



## City of London Personal Training

Exercise simplified & results guaranteed....

**Goal setting: part one**

Prepare a detailed description of your ideal world 1 year from now. Continue on another sheet of paper if you have to! Ensure that your description is balanced, precise, challenging and desirable.

**Date:** (1 year from today)

**Goal setting: part two**

Prepare a detailed description of your ideal world 6 months from now. Once more, writes as much as you like but make sure your description is balanced, precise, challenging and desirable.

**Date:** (6 months from today)

**Goal setting: part three**

Prepare a detailed description of your ideal world 1 month from now. You can probably guess what your instructions will be! Yes use as much paper as you want and make sure your description is balanced, precise, challenging and desirable.

**Date:** (1 month from today)