

Set Your Goals for March

February Reflections:

Remember that goal you set back in February? What did you achieve? What made you struggle?

February Goal: _____

February Achievements: _____

February Struggles: _____

Take a minute to reflect on those achievements. How can you use your strengths to meet your March goals? What mistakes did you make? How can you avoid repeating them?

Set Your New Goals:

Now that you've taken a moment to analyze the goals of last month, there are a few different ways that you can go about setting new goals for March.

The first approach involves revamping a goal you set for February and trying again. If you didn't achieve your goals in February, why not? Use your reflections to re-frame and strategize, then go for your goal again.

The second approach involves dealing with the other side of the health and fitness spectrum. Did you achieve a diet-related goal in February? Sounds like a good time to work on a fitness goal. Did



you establish a fun workout routine? Time to take a look at your workout fuel.

Are you ready? It's time to put pen to paper. What are your March goals?

This March, I will _____

Use your reflections to help you achieve your March goals. How will you ensure your success?

I will achieve my goals by _____

