
Burn the Fat, Feed the Muscle
Goal-Achieving Formula Checklist

- Are your goals specific?
- Are your goals measureable?
- Have you set your goals big enough? (You're not selling yourself short, are you?)
- Have you set realistic deadlines for all your goals?
- Have you written your goals in the form of present-tense, personal, positive affirmations?
- Have you prioritized your most important goal and made sure it doesn't conflict with other goals?
- Do you have a goal card with your number one goal written on it?
- Do you know the emotional reasons why you want to achieve your goals?
- Are you visualizing your goals as already achieved?
- Are you writing, reading and visualizing your goals with faith and belief?
- Do you reward yourself when you achieve big goals?
- Do you update and re-write your goals constantly?
- Are you keeping a list of achieved goals to revisit past successes for motivation?

For more free fat-burning success tools, visit www.BurnTheFatFeedTheMuscle.com

For the most in-depth guide to setting and achieving fitness and fat loss goals ever written, refer to chapter 6 in the Burn the Fat, Feed the Muscle (BFFM) book.