

An aerial, black and white photograph of a rugged coastline. The image shows dark, jagged rock formations meeting the sea. White, frothy waves are crashing against the rocks, creating a stark contrast with the dark water and rocks. The overall mood is dramatic and powerful.

# THE IDEAL YOU

**3 STEP FRAMEWORK TO  
REACH YOUR GOALS**

# Has this ever happened to you?

You set a goal for yourself. Maybe you wrote it down, told a friend or two, acted on it for a few weeks and then BAM... you lose momentum and quit. If so, you're not alone.

*We tend to focus on the goal itself, instead of focusing on the skills and habit changes that we need to do first.*

Let's pretend you tell me you're going to get in the best shape of your life this year. And that's it. No further information about why or how. I will tell you right now that you will fail...

I know some of you may say *"But Amanda, you're wrong...."*

*I've set up my daily to-do list of exactly how i'm going to get into the best shape of my life... I'm going to wake up at 5AM everyday, I'm going to workout, I'm going to eat no carbs, and I'm going to remove alcohol!"*

and I'll say **GREAT!**

But what happens on the days when you don't feel like waking up at 5AM, when you want to eat some french fries, when you really want to skip the gym, and when you go out to drinks with your friends?

Do you have the discipline, the resilience, the mental power to do all these things on your wonderful checklist? More likely than not, the answer is no...

If this resonates with you, keep reading to learn the simple 3 step process to reach any goal.

# STEP ONE

FOCUS ON THE **SKILL**

## **Step One:**

- Write down your goal
- Write down a more SPECIFIC version of your goal
- Write down what SKILL you need to help you reach this goal

## **My Example:**

- *I want to get in better shape*
- *I want to get in better shape by doing pilates classes 4x per week*
- *I need to work on my discipline in order to get up early for my pilates class and not snooze my alarm*

DISCIPLINE = SKILL I NEED TO WORK ON

# STEP TWO

## PROVIDE **CLARITY**

One big reason why we don't reach our goals is because we don't provide any clarity or structure. We tend to say yes to too many things that don't support our goals, and say no to too many things that actually do support our goals. We hit a conflict where we think we are prioritizing our goal because it's always top of mind, but in reality, we don't prioritize it at all.

Instead, set yourself up for success and provide clarity on decision making around your goals. If you get asked to do something that interferes with you working on your goal, then what do you do? Finding compromise beforehand is incredibly beneficial.

My Example:

*Because I need to wake up early for pilates, that means I also need to go to bed earlier. If I get asked to do something that interferes with my bed time / wake up time, how do I decide if it's something worth doing?*



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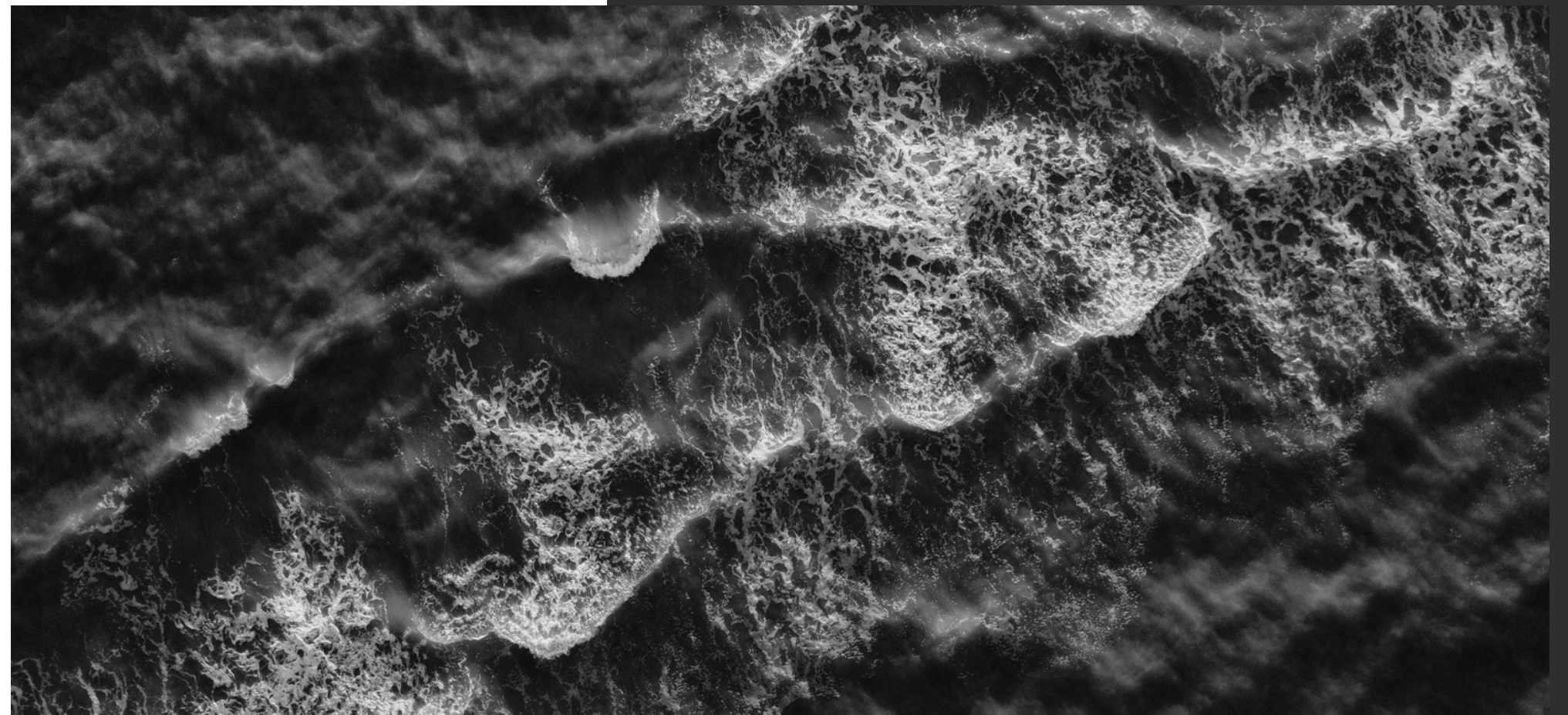
**Step Two:**

- Write down the criteria that you will say yes, no and maybe to
- Commit to it

**My Example:**

- *I'll only say yes to family/personal emergencies, if out of town family/friends are visiting, and if it's a once in a lifetime opportunity i'm presented with (of course you can get more specific than this as well!)*

CONTINUED





# STEP THREE

## PLAN YOUR **STEPS**

Imagine there's a staircase in front of you. Your goal is at the top of the staircase and you're at the bottom. How do you expect to get to your goal? You need to plan out all the other steps before you reach the top step (your goal) - and it's best to start backwards.

Ask yourself these questions:

What is my **GOAL?** *To get in better shape.*

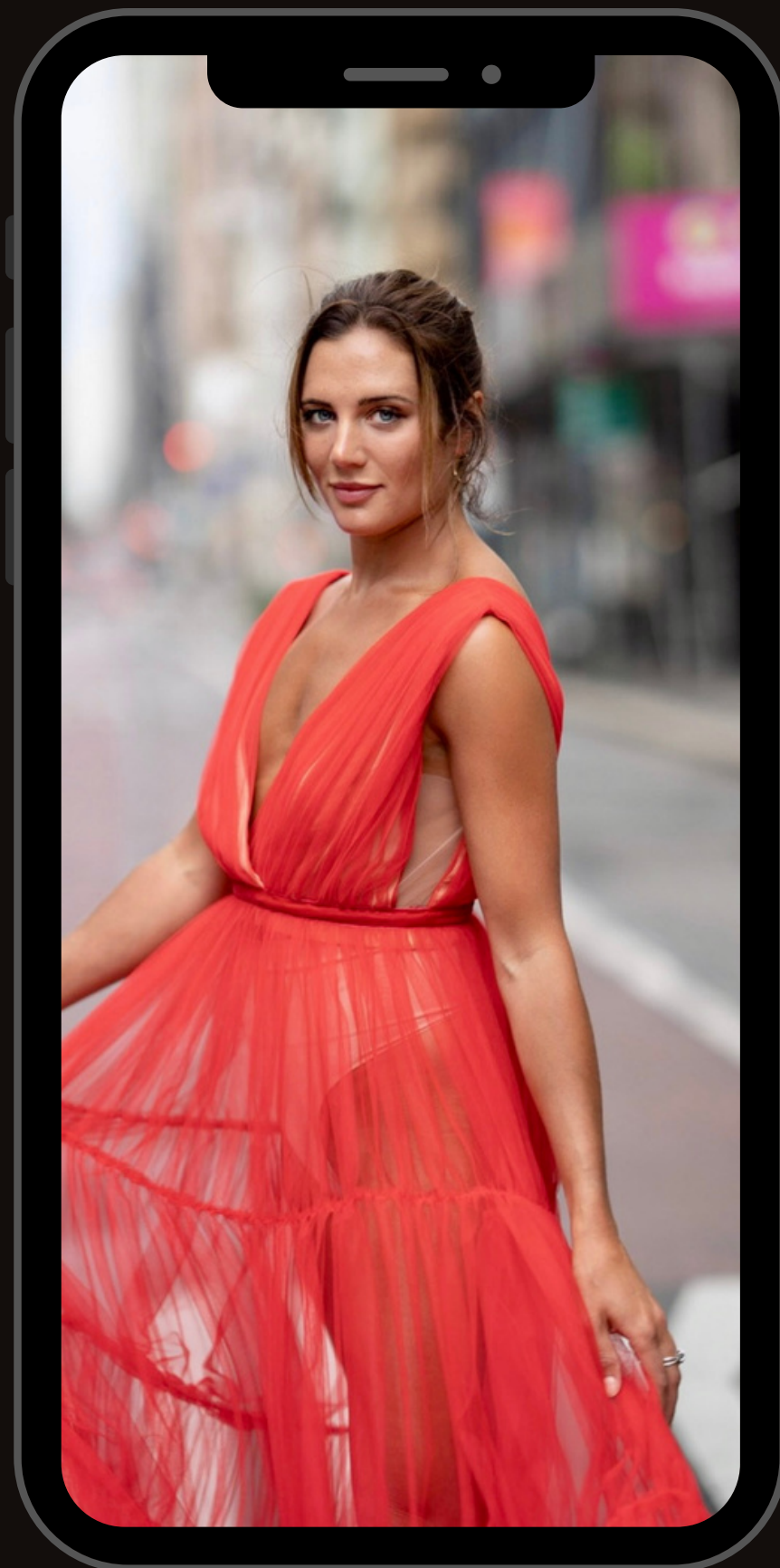
**WHY** am I doing it? *To feel better mentally & physically and to improve my mobility.*

**WHAT** am I going to do? *Pilates 4x per week*

**WHEN** am I going to do it? *Monday, Wednesday, Friday, Saturday @ 7AM*

**HOW** am I going to do it? *At New York Pilates*

**WHO** will I do it with? *My friend 2x per week and on my own 2x per week*



All you need to do is figure out your goal, dig deeper with my steps (*focus on skills, provide clarity, plan your steps*) and you're guaranteed to succeed!

PS

If you're interested in learning more, make sure to sign up for my new IDEAL YOU Blueprint guide where you will become your best self in 30 days or your money back.  
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