

The next worksheet is for Camille’s goal of working out on the treadmill at the gym. You may recall her fear of sweating (from chapter 3). She had avoided using the treadmill because of her concern that she would work up a sweat and people would judge her as “pathetic.” Here is her strategy for gradually stepping toward a good workout on the treadmill (sweat and all!).

Camille’s Goal-Stepping Worksheet for Short-Term Goal 2

My goal is: <i>to work out on the treadmill at the gym.</i>
Step 1: <i>Walk at a moderate pace for five minutes on the treadmill.</i>
Step 2: <i>Walk at a moderate pace for fifteen minutes on the treadmill.</i>
Step 3: <i>Run at a moderate pace for five minutes on the treadmill.</i>
Step 4: <i>Run at a moderate pace for fifteen minutes on the treadmill.</i>
Step 5: <i>Run at a fast pace for five minutes on the treadmill.</i>
Step 6: <i>Run at a fast pace for fifteen minutes on the treadmill.</i>

Note that Camille specified “for how long” she would do each action. Now it’s your turn to break one of your goals into steps (you will have an opportunity later in the book to break down the remainder of your goals). There is room for ten steps on the “Goal-Stepping Worksheet” (available for download at www.newharbinger.com/20801 as you need); however, depending on the goal, you may need fewer or more than ten steps.

Goal-Stepping Worksheet

My goal is: _____.
Step 1:
Step 2:
Step 3:
Step 4:
Step 5:
Step 6:
Step 7:
Step 8:
Step 9:
Step 10: