# Goal Phases Guide:
## Beginner, Intermediate, & Advanced

## Beginner (B):
- Moderate level of concern for goal.
- Undecided about addressing goal.
- Willing to discuss goal.
- Willing to see goal as potentially beneficial.
- Not ready to take action towards goal.
-No feelings of urgency for goal completion.

**Tips to Move to Intermediate Level:**

-Understand it's okay to just be thinking about your goal and that all goals start at the beginner level.

- Brainstorm and write down 15-20 benefits of reaching your goal.

-Write a list of 15 -20 accomplishments you have completed (ex. learning to ride a bike etc.).

## Intermediate (I):
- Feeling certaintainty that your goal is necessary and essential.
- Moderate time spent on goal research.
- Looking for examples of goal success.
- Moderate conversation about goal with family + friends.
- Moderate visualization of goal success.
- Feeling increased inspiration to reach goal.
- Finding fewer excuses or reasons to delay goal practice.
-Thinking of ways to add goal practice into your daily or weekly lifestyle routine.

**Tips to Move to Advanced Level:**

-Talk with friends + peers who have been successful reaching goals similar to your own.

- Locate a support that will help you keep goal accountability (friend, family, wellness coach).

## Advanced (A):
- Taking daily actions to meet the goal.
- Thinking about the goal daily.
- 75% or higher consistency rate for goal practice.
- Isolating and practicing smaller goals that compliment the success of the primary goal.
- Firmly avoiding 70% of known goal barriers (ex. junk food) and behaviors that will cost goal progress.
- Celebrating small wins toward goal success.
-Realizing hidden barriers that were harder to identify before regular goal practice.
-Locating and practice of healthy alternatives to behaviors that will jeopardize goal success.

**\*Stay connected to inspiration and supports that inspire goal motivation until goal is completed and practice is secure and successful 90% of the time.**

www.brandijacksonwellness.com