



# HOW TO CHOOSE YOUR Goals



**Marriage**Helper



Note: Marriage Helper and any of its team members are not licensed physicians, medical doctors, lawyers, or anything of the like. All of the information given here is from experience personally and working with other people of what has worked for them. Always consult a doctor or professional before taking on any new diet, exercise program, or anything else.

# PHYSICALLY

- How do I feel about the way my body looks?
- How do I feel about my ability to move around, work out, or do day to day tasks easily?
- How do I feel about my energy levels?
- How do I feel about my food choices? After a meal, do I feel happy and satisfied? Or do I feel sick and guilty?
- How do I feel about the way I dress and present myself to others?
- When I think of myself physically, what are the top 3 things that come to mind of what I need to improve?
- Which of these is most important to me to work on right now?
- Which of these would be easiest to work on right now?
- Which of these has the most obstacles right now?
- Which of these has the least obstacles right now?
- What am I doing well that I can continue to do more of?
- What am I doing well that can help me reach another Physical goal?

Determining obstacles: You don't want obstacles to stop you from doing something that is important. In the same way, you also don't want to set yourself up for failure by picking to do something that has too many obstacles.

- If your goal is to gain weight - It could be that you have a hard time keeping weight on because of nerves, metabolism, or any other range of reasons.
- If you decide you want to gain weight to become more physically attractive, talk to a doctor first. Try to put weight on in a healthy manner that is right for your situation.
- Don't lose hope! Understand that many people

Example of a goal: Over the next 30 days, I will consult with a doctor and move towards a plan that works for me to gain weight. For the first week, I will schedule an appointment with a doctor. Each week after that, I will work towards the plan of gaining weight with the hopes of having gained 5 pounds this month.

- If Your Goal is to Lose Weight - This is one of the most common goals for people who are working on their PIES. In order to lose weight, on the most basic level, you must burn more calories than you take in. Consult a doctor before starting any weight loss, diet, or workout program. There can be underlying health issues that affect the ability to lose weight.
- The best way to lose weight is to decide to start today. Right now. If you put it off one day, you'll put it off another day.
- Consider eating better foods such as meats, vegetables, fruits, and healthy fats. Omit sugars and processed foods from the diet. That's a good place to start. Try portion control. Note how often you eat throughout the day and the reasons that you eat (boredom, actual hunger, stress, etc).
- Losing weight is all about making changes in life choices. It's about choosing to clean out the fridge and the pantry of everything unhealthy, even if it's a waste of money. It's about choosing to hold yourself accountable and finding an accountability partner.
- You can do it! See helpful resources at the end of this section.

Example of a goal: Over the next 30 days, I will lose 10 pounds. That means I need to lose 2.5 pounds a week. In order to lose this weight per week, I will start by eating 1800 calories a day of whole foods like meats, vegetables, and healthy oils with limited fruits and vegetables.

- If Your Goal is to Maintain Weight - It's always important to be conscious about your health and maintaining a healthy weight. If you are at a good weight, awesome! Keep doing the things that keep you healthy.

Example of goal: Over the next 30 days, I will not gain or lose weight. I will continue doing what I am doing and limiting my cheat meals, etc.

Understand that there are NO QUICK FIXES to losing weight. Many pills and programs promise quick results, but real, long-lasting change doesn't happen without changing your habits.

- If Your Goal is to Eat Healthier
- Awesome goal! Take account of your current diet. What in it do you know you should change? Do you suspect any food intolerances? Do you have cravings for unhealthy things?

# PHYSICALLY

ating healthier, just like losing weight, starts with a change of habits. How can you change your habits in order to eat healthier?

Example of a goal: Over the next 30 days, I will eat 2 meals a day that have no processed foods.

If Your Goal is to Feel Better and Have More Energy

What do you wish that you felt like? What would it look like to have more energy? Make sure that you are getting great sleep. Make sure that you are eating foods that will help you feel better.

Example of a goal: Over the next 30 days, I will focus on getting more energy. I will know that I have more energy when I am able to wake up refreshed and not have dips in my energy levels throughout the day. In order to do this, I will need to focus on getting a good night's rest every night. This will happen by going to bed by 10 pm and waking up at 6 am.

My goal is to exercise more

Exercise is one of the best ways to get blood flowing through your body. It helps with depression, confidence levels, and many, many other health ailments. Of course, you will need to speak with a doctor, physician or professional before starting an exercise regime. But also know that the BEST kind of exercise is the one that you will actually do!

Walking, strength-training, yoga, Crossfit, cycling...the list goes on. Maybe it's going out and throwing a frisbee in the park with your dog. Maybe it's playing tag in the park with your kids. Maybe its going on an early morning walk before the work day starts.

Example of a goal: Over the next 30 days, I want to exercise more. To do this, I will commit to working out 4 days a week. I will walk for 60 minutes 4 days each week. I will plan my workouts ahead of time so that I can overcome any obstacles such as childcare, work, transportation, and/or gym memberships.

My goal is to dress better

You look great, and you want to feel great about going out in public. Maybe it's time for an update in your wardrobe. Wearing clothes that give you more confidence can make all the difference.

It doesn't take getting a whole new wardrobe, either. Start with getting a great pair of jeans, a nice pair of shoes, or a classic jacket (for men or for women!) Buy clothes that are versatile and high-quality. Blacks and tans are timeless, and even though you may pay a little more for higher quality clothes, they will last you much, much longer in the long run.

Example of a goal: I want to have a great fitting pair of jeans. I know that the jeans I want will cost \$100. Over the next 30 days, I am going to save \$25 a week. To save that, I will skip my daily coffee at Starbucks and make coffee at home for the next month.

Personally Recommended Resources

(MH does not endorse any of these products, services or websites. These are all personal recommendations from Kimberly Holmes).

Weight Watchers - an online or in person accountability group for weight loss.

It Starts with Food - a book about changing your relationship with food and eating a healthier diet

Made to Crave - a Christian book for women about changing the way you view food cravings

The Whole30 - an easy to understand overview of a whole foods based diet

Whole30.com - website with free resources on eating healthy

Sleep Smarter - a book on the 21 best techniques for restful and restorative sleep

Free Online Yoga Classes - Range of free online yoga classes

Christian Yoga Classes - \$12 a month subscription

Bodybuilding.com for free strength training exercises

You can find many free online workout plans by searching Google

Benefits of Walking - article on the 12 benefits of walking

MY PHYSICAL GOAL WILL BE:

(Be sure to write this in your 30 day log!)

# INTELLECTUALLY

What do I wish I knew more about?

What kind of things do I find interesting?

What kind of things does my spouse find interesting?

Is there anything that, if I knew more about it, could help my career? Help me have a better future?

Would others say I am an interesting person? How could I become more interesting?

Would I enjoy reading?

Would I enjoy playing games?

Would I enjoy learning about new things?

Would I enjoy learning a new skill or hobby, such as learning a language or how to build furniture?

When I think of myself intellectually, what are the top 3 things that come to mind of what I need to improve?

Which of these is most important to me to work on right now?

Intellectual attraction isn't about how smart you are, it's about connecting with people through conversation. Whether you are more or less intelligent than the people you are around isn't what matters. Instead, what matters is how you can connect with them in a way that both of you understand each other.

If your goal is to learn a new skill or hobby:

Pick the skill or hobby you wish to focus on. It may be starting a new business, learning to decorate a cake, or becoming fluent in German. The world is your oyster! Pick something that you are interested enough in to invest time in for at least 30 days. Even if you decide you don't like it after 30 days, you will have become a more intellectual person because of it!

Example of a goal: Over the next 30 days, I want to learn German. I know I won't be fluent in German in 30 days, but I would like to be able to carry on a simple conversation in German. In order to do this, I will need to learn a new phrase each week. In order to learn a new phrase each week, I will spend 10 minutes a day listening to a podcast that teaches simple German phrases.

If your goal is to start reading more books:

Pick one book to start with. Choose a subject that interests you. Set aside time each week (whether it is each morning, each evening, or a whole Saturday morning) to read.

Example of a goal: Over the next 30 days, I will read the book War and Peace. In order to do that, I need to read 300 pages a week and at least 60 pages a day.  
Maybe War and Peace isn't the best place to start ;)

If your goal is to learn more: Consider taking classes in a subject. An added benefit is gaining connection with other people through a school or community center. You may wish to consider going back to school to finish a degree, or going back to school to start a new one! There's many ways to learn other than traditional school. Look into some community class offerings in your area - especially at county recreation centers. They often teach dance, photography, and self-defense classes.

Example of a goal: Find a local class offered at the rec center and join.

If your goal is to start having more conversations with others: Involve yourself in a group with others! You may wish to join a book club or a nearby club. You can join groups based on interest, skills, or volunteer opportunities. This gives you the chance to learn and to grow in relationships with others.

Example of a goal: Over the next 30 days, I will join a book club. I will read the book and attend the first group meeting.

If your goal is to take an interest in something that your spouse enjoys: First, figure out what your spouse enjoys talking about or doing. Is it something that will benefit you, too? If so, consider learning more about that topic. Perhaps your spouse works in a highly advanced field that you don't understand, therefore when they try to talk to you about their workday, you cannot follow the conversation. Consider learning more about that topic so that you can engage in conversation easier.

Example of a goal: Over the next 30 days, I will learn more about jazz music. I will start listening to jazz music and read some of the history. Each week, I will read at least one article about the history of jazz and listen to one jazz song each day.

MY INTELLECTUAL GOAL WILL BE:

(Be sure to write this in your 30 day log!)



# EMOTIONALLY

What kind of emotions would people say that I evoke in them?  
Do people like the way they feel when they are around me?  
What could I do differently that would help people want to be around me even more?  
Do I invest in connecting with people?  
Am I spending too much time on electronics (my phone, television, computer, etc)?  
Would my family say that I love them unconditionally?  
If yes, what do I do that shows my unconditional love?  
If not, what could I do differently to show unconditional love?  
Has my spouse or children ever said anything about the way I treat them that they wish I didn't do or did differently? Was there any validity to their request? If so, what?  
When I think of the emotions that I evoke in others, what are the top 3 things that come to mind of what I need to improve?  
Which of these is most important to me to work on right now?

Emotional attraction is the most important of all of the PIES. It can also be the one that takes the longest to work on and is harder to identify progress.

It can also be difficult for people to figure out what they should work on to increase their emotional attraction.

In our Save My Marriage course, we talk in-depth about the things that you can do to evoke positive emotions in your spouse. We spend 10 weeks helping people make amazing changes in their lives. As you can imagine, I cannot possibly do the same level of an in-depth look in to the “E” of PIES here. You can find out more about the Save My Marriage course by clicking [here](#).

Remember, the goal of a person being emotionally attracted to you is for them to answer yes to the question, “Do you invoke emotions within me that I like feeling?”

You want to evoke emotions in your spouse that they like feeling. It starts with building a foundation of friendship. What are the things that you did when you started dating? Go back to that.

Here are some examples of the most common goals people work on emotionally:

If your goal is to be a more positive person: Focus on what leads you to be negative and do what it takes to change your attitude.

Example of a goal: Over the next 30 days, I want to have a more positive outlook on life. In order to do that, I am going to start each morning by writing down 3 good things that happened the day before. Whenever I become negative during the day, I will focus on what positive things have happened, not the negative.

If your goal is to be a safer place: Understand what it means to be a safe place. We talk about this in the Save My Marriage course. You can get a brief overview about it on our Marriage Radio podcast titled “How to Be a Safe Place in Your Marriage”.

Example of a goal: Listen to the podcasts below and figure out what I can do to be a safer place for my spouse.

[Listen on iTunes \(Apple\)](#)

[Listen on Google Play \(Android\)](#)

If your goal is to stop being defensive in conflict: Change the way that you fight. Even if conflict starts happening, choose not to escalate the conflict by coming defensive. Take a breath, take a step back, and re-engage in the conversation at a later date.

Example of a goal: Over the next 30 days, whenever I feel myself starting to become defensive, I will ask to stop the conversation and have it at a later time. I realize that my immediate need to prove that I am right or defend myself will not get me closer towards the goal of changing the way that my spouse and I communicate. Therefore, I will tell my spouse that I am going to work on no longer being defensive when we fight. During a fight, I will pick a phrase to use when I need to take a break, such as, “I understand this is something we need to talk about. Can we come back to it tomorrow after I have had more time to think about it?”

If your goal is to do something that you know your spouse enjoys: This may or may not be possible depending on your marital situation right now. If there is something that you know your spouse appreciates and it would not cause further problems, it may be a good time. Maybe it is taking time to sit and talk. Maybe it is making them a favorite meal. Perhaps it is not badgering them about getting housework done and letting them do it in their own time.

# EMOTIONALLY

Example of a goal: Over the next 30 days, I want my spouse to feel loved. In order to do that, I am not going to bring up anything that I want my spouse to change. Instead, I am only going to focus on the positive things that my spouse does, and when appropriate, show appreciation.

MY EMOTIONAL GOAL WILL BE:

(Be sure to write this in your 30 day log!)

# SPIRITUALLY

Remember, this isn't about religious preferences. Spiritual attraction consists of beliefs and values. Beliefs are things that I hold to be true. Values are the way I expect people to act based on my beliefs.

Example, if I believe that everyone should be treated with equal amounts of respect regardless of race, religion, gender, past, or otherwise, then my values would say that people should be kind and loving towards everyone.

Beliefs and values provide meaning and purpose to life. It is within a person's beliefs and values that they often find their sense of purpose and meaning. In order to increase your spiritual attraction, find your calling. Start working within it.

Am I living in line with my beliefs and values?

If not, what can I do to better align with my beliefs and values?

Do I know what my beliefs and values are? If not, what can I do to solidify them?

What is my purpose in life?

What do I feel strongly about?

What do I care deeply about?

What change can I help create in the world?

Of these things I have written, what top 3 do I care the most about?

Of the top 3 things, what is the one thing that I want to focus on over the next 30 days?

My goal is to create stronger beliefs and values

We can become so disconnected from our lives because of stress, work, and overall busyness that we can forget what we believe. Take the time to figure out what you believe and why you believe it. Study scripture, listen to sermons, read books. If you aren't religious, there are still great figures to draw inspiration from, like Mother Teresa.

Example of a goal: Over the next 30 days, I want to study the life of someone who made a difference in the world. I will do this by reading a biography of that person. After reading it, I will assess what they believed, why they believed it, how it made a difference in the world, and how it affects my beliefs.

My goal is to start investing myself in others

You can do this through volunteering with an organization, mentoring in your church, or befriending someone at work. Helping other people is one of the best ways to find a greater sense of purpose in your life and take your mind off of your situation.

Example of a goal: Over the next 30 days, I am going to spend every Saturday volunteering at a soup kitchen.

My goal is to start attending a small group/church:

Becoming involved in a community with other people, especially people who will walk with you through difficult times, is so helpful. There's an amazing community of people who band together in our secret Facebook group that comes with the Save My Marriage course. In addition to that, it is beneficial to get involved in a small group or a church that will continue to strengthen your beliefs and values.

Example of a goal: Over the next 30 days, I will find a small group to join and attend at least 2 meetings. I will create friends in the group that will give me motivation to keep returning to the small group.

MY SPIRITUAL GOAL WILL BE:

(Be sure to write this in your 30 day log!)

# Last but not least..

## -Confidence-

While confidence is not technically one of the PIES, it is the result of working on your PIES. Attraction starts in the mind. If you believe that you are attractive, you will exude confidence. Nothing is more attractive than confidence!

You don't have to wait until you perfect your PIES before you can be confident, either. Confidence starts right here, right now with the belief that you have the ability to be the most attractive for your age and situation in life and that you are working towards that.

PIES are always a work in progress. Confidence is what will take you to the next level.

How do you feel about yourself overall?

How do you think about yourself? Is it positive or negative?

What negative kinds of things do you say (internally or externally) about yourself?

What positive things do you say (internally or externally) about yourself?

What positive things do others say about you?

What can you do to replace your negative thoughts with positive thoughts?

What positive things can you say to yourself?

Within the 4 main goals that you choose for your PIES, working on each of them will help increase your confidence.

Don't give up. Even when it's hard. Even when it seems impossible. Even when it's frustrating.

You matter. You have worth. You are attractive!

LET'S DO THIS!

(Next, go to the 30 day log and begin tracking your progress!)