
Your 2023 **GOAL** **CRUSHER** Guide



YOUR GUIDE
(STEP-BY-STEP)
TO ACHIEVING
YOUR GOALS!

www.tightenup.com.au



Welcome!

Welcome to a brand year filled with possibilities!

You've got goals – and we've got a plan to help you make them happen.

Your 2023 Goal-Crusher Guide was specifically designed to stop you from falling into the trap that causes most people give up on their goals.

You just need to do TWO SIMPLE THINGS — but in a way that you've probably never done them before.

The two things:

- #1 TAKE ACTION** You have to do the actual work of reaching your goals.
- #2 FOLLOW THROUGH** You have to KEEP doing the work in a way that actually works.

WELCOME

We'll get into the nitty-gritty details and break it all down for you in the next few pages.

At Tighten Up, we specialize in helping our clients feel fitter, stronger, and healthier.

Our SMALL GROUP TRAINING Program works because of our PROVEN & SUCCESSFUL PLAN. This special offer expires at Midnight on the 28th of February or until our 30 spots are gone.

Let's do this!

We hope this guide gives you a jumpstart into an amazing and productive year!



Jewelz

Founder of Tighten Up
e: jewelz@tightenup.com.au



THE #1 TRAP

PEOPLE FALL INTO WITH THEIR

New Year's Goals

Ready for it?

They try to do too much, get overwhelmed, and then end up quitting.

See if this sounds familiar ...

You wake up super excited to revamp your body, your health, and basically your whole life!

You have BIG PLANS. You'll drink more water, work out, eat a clean and healthy diet, read more, meditate, and the list goes on.

You go at it HARD, and you do really well for a couple of weeks.

But then one day, you end up with a gnarly craving and splurged on your favourite greasy sandwich from your favourite lunch spot ... which led to chips ... and then a cupcake.

And then you didn't feel like working out ... and started questioning if it was even all "worth" it, or if you could really keep up this pace, anyway.





THE #1 TRAP PEOPLE FALL INTO
WITH THEIR NEW YEAR'S GOALS

Was the sandwich bad? Nope. Chips or cupcake bad? Nope.

The problem is that you're upset at yourself because you didn't follow your plan. And instead of getting right back on track, you start feeling guilty.

And that one day "off" your plan turned into two. And then three.

And then just like that, your New Year goal becomes a thing of the past, and you find it right back on your list again in January next year.

The good news?

That WILL NOT happen this time around.

That's because this 2023 Goal-Crusher guide will help you avoid that giant trap!

So let's get into the action steps and how it all works.



STEP

#1

Your first action is to set **one or two specific goals** that have real meaning for you.

The goal(s) should be something you're doing for **YOURSELF**, and not for anyone else.

Here are a few ideas:

- Lose 15 lbs of body fat in the next 90 days
- Be able to do 10 push-ups by March 15
- Run continuously for 1 mile in 6 weeks
- Lower blood pressure or cholesterol before your next doctor appointment in May
- Read one book a month
- Hold a 1-minute plank by Feb. 28
- Eliminate added sugars from your diet within 30 days

STEP 1

You'll notice that each of those goals is specific: they have a deadline, they are realistic, and you will know exactly when (and if) you reach them.

Good goal? Lose 15 lbs of body fat within the next 90 days.

Not-so-good goal: Lose weight.



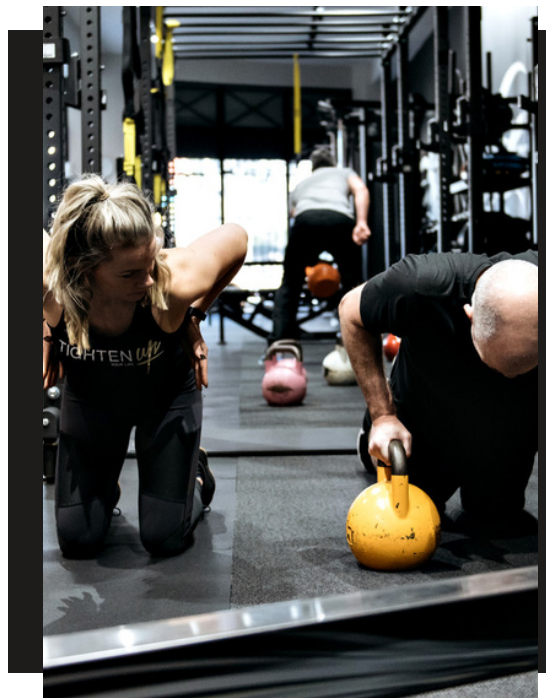
TIP

Setting too many goals will set you up for failure! Pick your MOST important goal, and start there.

Take a minute to think about your most important goal for 2023, and then write it here, being as specific – and realistic! – as you can be:

My most important 2023 Goal:

Why is this so important to me?



STEP

#2

Pinpoint **1 to 3 SPECIFIC ACTIONS** you will take to transform your goals into reality.

These could be actions like:

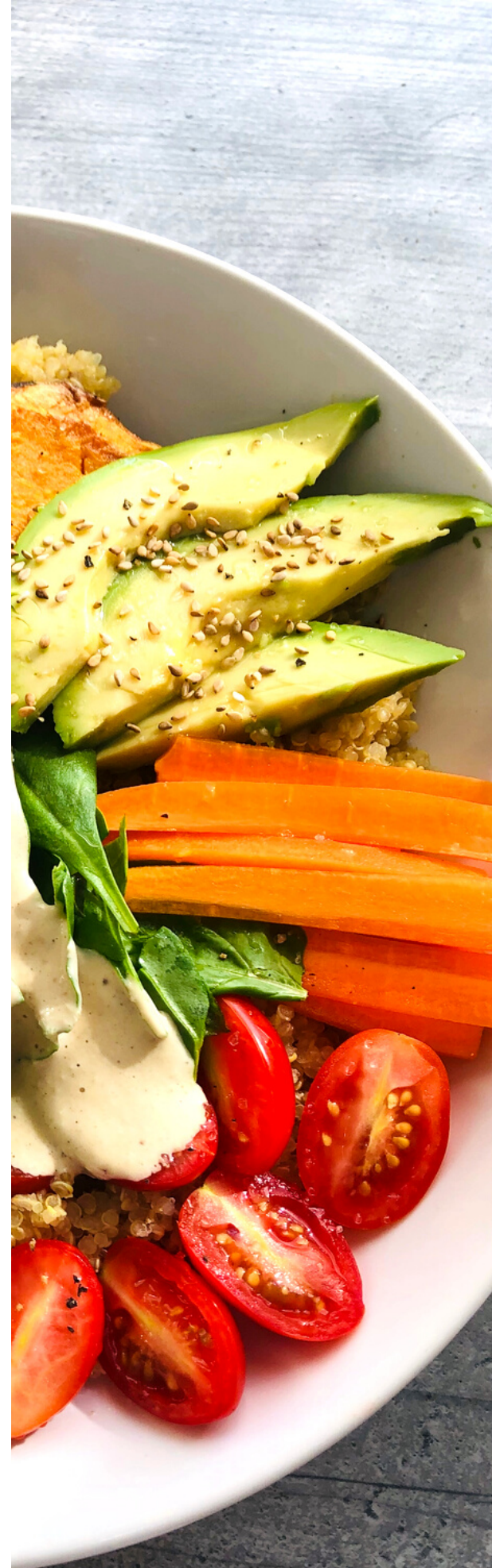
- Working out
- Eating a healthy diet that fits your goal
- Meditating
- Getting 7-8 hours of sleep per night

Don't come up with too many things! **Choose 2 to 3 actions, TOPS.** You can always add more later. The whole idea is to set yourself up for success with a **REALISTIC** action plan.

Action 1

Action 2

Action 3



A person is shown from the waist down, wearing black athletic shorts with an Adidas logo. They are holding two yellow kettlebells with black handles. The kettlebells are on a dark grey carpeted floor. In the background, there is a black exercise bike with a yellow 'CXC' logo.

STEP

#3

Create one “baseline” & one “stretch” action goal.

This will help you avoid the “too much” trap and make it a lot easier for you to actually stick to your plan.

Your Baseline Goal:



This is something you know you can accomplish — even on your busiest week — but that will still move you forward.

Examples:

- Working out for 30 minutes, 3 days a week
- Eating protein with every meal
- Getting 15 minutes of fresh air 3 days a week

Your Stretch Goal:

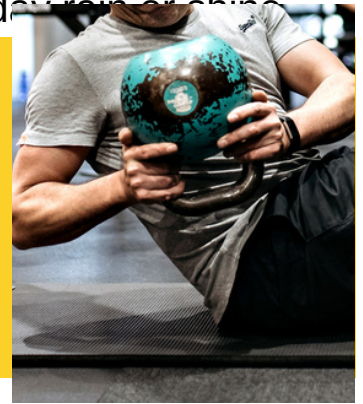
As it says in the name — this is something that's going to stretch you — but it should also be something **DOABLE**.

Examples:

- Work out 5 days a week for 45 minutes
- Meal prepping and tracking ALL of your weekday meals for 90 days
- Going for a 30-minute walk or jog outside everyday

HOW TO APPROACH YOUR "STRETCH" GOAL

Give yourself an extra pat on the back for reaching it, but also give yourself credit for reaching your baseline goals.



Stretch goals are where a lot of people **START**.

And, unfortunately, it's also where many people end.

Don't get me wrong: it's fantastic to have a stretch goal because it gives you something to aim for.

But it can end up causing too much stress and overwhelm on a **DAILY** basis because of limited time, energy, family, work, and other responsibilities.

Missing even a few days of your stretch goal can do a real number on your motivation and morale – and it can make you want to quit.

A better solution is to have a goal you **KNOW** you can reach (baseline) ... but also go for gold (stretch!) when you have time and energy.

WHAT TO DO IF YOU **FALL SHORT** OF YOUR *Baseline Goal*

Don't give up! Do **SOMETHING**. Whatever action you didn't do ... do it as **SOON** as you can do it.

Block off time in your schedule to make sure it happens, and treat it like a date with one of your favorite people in the world.

And if you need to clear your head to recenter yourself ... do that first:

- Go for a walk
- Do a workout
- Meditate or pray
- Go to bed early
- Hit it again tomorrow

*It does not
matter how
slowly you go...*

as long as you do not stop.



HOW TO USE YOUR *Checklist*

Write down your goal to remind yourself what you're working toward.

Then, write both your baseline goal AND your stretch goal.

Mark the days you complete your goals on your checklist.



Today

is your opportunity to build
the tomorrow you want.

KEN POIROT



Your 4-Week Goal CHECKLIST

WEEK 1



MAIN GOAL

⊞ BASELINE GOAL 1

⚙️ STRETCH GOAL 1

⊞ BASELINE GOAL 2

⚙️ STRETCH GOAL 2

⊞ BASELINE GOAL 3

⚙️ STRETCH GOAL 3

	Action 1 Baseline Goal	Action 1 Stretch Goal	Action 2 Baseline Goal	Action 2 Stretch Goal	Action 3 Baseline Goal	Action 3 Stretch Goal
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

Your 4-Week Goal CHECKLIST

WEEK 2



MAIN GOAL

⊞ BASELINE GOAL 1

⚙️ STRETCH GOAL 1

⊞ BASELINE GOAL 2

⚙️ STRETCH GOAL 2

⊞ BASELINE GOAL 3

⚙️ STRETCH GOAL 3

	Action 1 Baseline Goal	Action 1 Stretch Goal	Action 2 Baseline Goal	Action 2 Stretch Goal	Action 3 Baseline Goal	Action 3 Stretch Goal
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

Your 4-Week Goal CHECKLIST

WEEK 3



MAIN GOAL

⊞ BASELINE GOAL 1

⚙️ STRETCH GOAL 1

⊞ BASELINE GOAL 2

⚙️ STRETCH GOAL 2

⊞ BASELINE GOAL 3

⚙️ STRETCH GOAL 3

	Action 1 Baseline Goal	Action 1 Stretch Goal	Action 2 Baseline Goal	Action 2 Stretch Goal	Action 3 Baseline Goal	Action 3 Stretch Goal
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

Your 4-Week Goal CHECKLIST

WEEK 4



MAIN GOAL

☰ BASELINE GOAL 1

⚙️ STRETCH GOAL 1

☰ BASELINE GOAL 2

⚙️ STRETCH GOAL 2

☰ BASELINE GOAL 3

⚙️ STRETCH GOAL 3

	Action 1 Baseline Goal	Action 1 Stretch Goal	Action 2 Baseline Goal	Action 2 Stretch Goal	Action 3 Baseline Goal	Action 3 Stretch Goal
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

Positive Changes Make All **THE DIFFERENCE**



Tarn E

I have enjoyed one-on-one, two-on-one as well as group training sessions with Tighten Up and have found all the sessions to be just as enjoyable and beneficial. My trainer Jewelz is more than a just personal trainer and is committed to a holistic approach to health.



Benjamin G

As a coach, she is tough and firm, always encouraging me to push my limits for better results. As a fitness expert, she is always ready to answer my questions, readily explaining the science behind her training methods. And personally, she's smart, friendly, and fun – always good for a laugh.

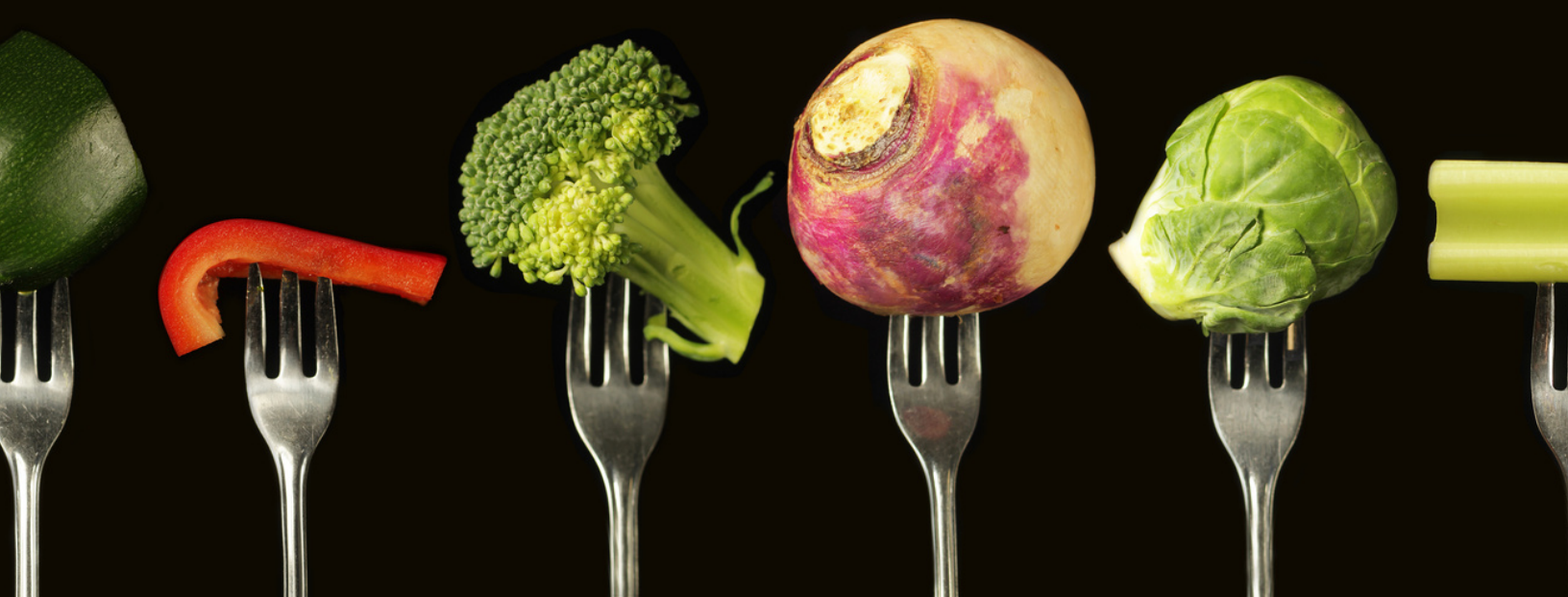


Never give up,

for that is just the place and time
that the tide will turn.

HARRIET BEECHER STOWE





COACHING + ACCOUNTABILITY =

Success!



**Join our \$99 UNLIMITED
SMALL GROUP TRAINING DEAL**

When you work with us, you'll have access to:

- 2 weeks UNLIMITED Small Group Training sessions
- Strategy and Goal Setting Session
- Postural and Movement Assessment
- Body Composition Scan
- Beginner Exercise Guide and Programs
- Simple and Easy Recipe eBook
- Habit Checklist and Mini Guide eBook
- Support from your Coach and Crew
- ALL THIS FOR \$99! ONLY 30 available

LEARN MORE HERE

- ✓ Bitting into old clothes – and brand-new ones, too
- ✓ Better skin
- ✓ Confidence
- ✓ And more!

AND IT GETS EVEN BETTER...

- ✓ A proven plan – no more guesswork!
- ✓ Weekly action plans
- ✓ Coaching to help you through the rough spots
- ✓ Accountability



PLANNING FOR AN

Amazing 2023

At TIGHTEN UP, our mission is to build a future through customised strength strategies while delivering outstanding customer service every time.

If you're a professional, business owner and entrepreneur looking for a better way to achieve your fat loss AND strength goals so you can overcome your worries about your health and fitness, we want to invite you to experience a guaranteed approach that's already gotten hundreds of amazing results.

Introducing our UNLIMITED Small Group Training Deal

We'd love to be part of your fitness/wellness journey.



Our SMALL GROUP TRAINING Program works

because of our PROVEN & SUCCESSFUL PLAN so you know exactly what to do, how to do it, and when to do it (no guesswork).

What Our Clients Say About Us ...

KATIE C - Nutritionist
Absolutely love Tighten Up!!! The workouts are awesome and the instructors always provide easier and harder options to cater for all levels of fitness.

I really look forward to my workouts... best workouts ever!



Jewelz

Founder of Tighten Up
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[LEARN MORE HERE](#)