

Harada Long Term Target Form			
Name		Start date	Date reached target
		2017/9/1	2017/12/15
Daily service to inmates - until 5 Oct.: I will clean the stairs and the cave entrance for the inmates every week, from Oct. 6 I pick up dirt from the parking lot behind my garden		Daily service at work - I will put a bottle of water and a glas for my colleagues Imane and Ellen every morning and hang a water list to enter the water drinking behavior	
No later than December 15th I lost 5kg and 10km I can run in one piece			Target date
Target	Highest target	6kg en 12km	2017/12/15
	intermediate target	each month -1,5kg and + 2,5 km erbij	15/9-15/10-15/11-15/12
	Sure to be achieved	3kg and 7km by 15 november	2017/11/15
	Current potential	5kg and 10km	2017/12/15
purpose (motivation why)	income for clothing stores	material / tangible	Buy new clothes
	more effective work result		effectively dragging less weight
			move slightly lighter
			better figure
			better appearance
	<b>for others</b>		<b>for myself</b>
	giving an example for others	not material	proud of my own discipline
	deal with an even better minded me		lead a healthier life
	motivation to participate		being satisfied of the goal achieved
			feel better in my skin
			being motivated to sustain and continue
			respect of my environment
	<b>Analyse van sucsessen</b>		<b>Analysis of failures</b>
mental	self-assurance		listened too much to other people's opinions - eg: you should not do that...
	courage		to please other people too often
	beeing more 'zen'		let me do too much and humiliate me
	experiencing more happiness moments		my own set back from others
skills	determination		waited too long with my own dreams and goals
	organizational ability		very early started with family and children with all the consequences of that :-)
	able to say NO		too much and too long smoked
health	have stopped smoking		too little discipline
	long walks in nature		procrastination
	adequate sleep		negative thoughts
life	creating energy from living with my animals		I could not expect any support from my ex husband and did not receive it either
	eating regularly and healthier		receive little mental and physical support
	getting housekeeping better organized		
	get up early, start the day early		
	<b>Possible obstacles</b>		<b>Countermeasures</b>
mental	not alert enoug		looking more consciously around me and asking questions
	fall into the rut		fill in diary
	to seek excuses		aware of excuses and analysis them... avoid excuses
skills	make too little time to read and to learn		impose my own to read
	I do not ask for enough information		looking up for things on the internet and conversing with others
	want to do everything myself		asking help
health	too little discipline		define exactly the timetable
	disease		live healthy
	to pay attention to injuries		
life	sick dog or cat		best care that can
	overtime at work		avoid, organize work differently
	too much housework		ask for help, organize time better
<b>10 first Tasks of 64-Tasks Card</b>	<b>date</b>	<b>Routines in order of importance</b>	
fill in the medical list with my doctor	2-Sep	Jog 3 times a week	
go buying jogging shoes	2-Sep	3-4 times fresh cooking a week (lots of vegetables - little or no Kohlhydrates)	
first time jogging	2-Sep	Drink 2-3 liters of water per day	
call my parents	3-Sep	Sleep 7 hours per day	
make a appointment at the vet for my dog	4-Sep	drink less alcohol	
apply for a new residence card - municipality	5-Sep	go to the yoga once a week	
get the discussion about tiles done	6-Sep	stretch 2 times a week	
go to the cinema with some friends	7-Sep	clean up clothes and kitchen every morning - pure diszipline	
clean the car	9-Sep	dry shower after showering	
get an appointment with the bookkeeper	11-Sep	vacuuming twice a week	
<b>Spell that motivates me</b>	hurdles need to be taken		
<b>People who help me reach my goal</b>	Jim, my harada colleagues, my colleague OO, my daughter OO, my best friend OO		
<b>Type of support that I need</b>	mental support if the results are not so quickly visible, occasionally someone who is going to jog with me :-)		