

GOALS

THE SEASON



What is your goal for the end of this season?

- Is the goal super specific? Date? Time? Place?
- Is the goal reasonable given your abilities?
- Have you sat down with your coach and reviewed this goal?
- Have you written down your goal somewhere where you will have to go eye-to-eye with it every day?

Who will I need on my side to support and encourage me while I chase this bad boy down?

What excites me about this goal? What is my 'why' for chasing down this goal?

GOALS

How will I stay accountable to my goal? What are three things I can do to make sure that I am on track?

1. _____

2. _____

3. _____

What are three specific things I can do this week to get things moving towards accomplishing this goal?

1. _____

2. _____

3. _____
