

## PRACTICE

# Good-Better-Best



Take a couple of the items you listed in the previous exercise and give them the good-better-best treatment.

The goal is to give you something that you can achieve and build on. Don't worry if it doesn't feel goal-worthy enough; the objective is momentum and confidence.

Here's an example.

*"I want to swim every practice with absolutely perfect technique!"*

**Good:** Swim all of the warm-down, drill work, and warm-down with deadly technique.

**Better:** Same as above, but most of the main set too.

**Best:** The entire practice, from meter one to the final touch is done with pristine technique.

## GOAL 1:

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*Good:*

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*Better:*

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*Best:*

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PRACTICE

GOAL 2:

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*Good:*

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*Better:*

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*Best:*

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GOAL 3:

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*Good:*

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*Better:*

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*Best:*

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**PRACTICE**

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