



Goal Setting Worksheet

Step 1. Define Your Dream.

What accomplishment / achievement / experience would be worth your very best effort?

What would you attempt if you knew it was impossible to fail?

What would you go for if you knew this was your very last chance (your last season playing a sport; your last year in school; your last year on earth)?

Step 2. Know where you are right now.

“I had trouble performing well last season when . . . “

“The most frustrating moment for me last season was . . . “

“I got myself screwed up last season when . . . “

“I played my best when . . .”



Step 3. Be honest about what you need to develop.

In order to accomplish my goals, the four most important areas I need to improve in are:

- 1.
- 2.
- 3.
- 4.

Step 4. Make a plan for daily improvement.

For each of the improvement areas listed above, identify **4 specific actions** that you can take on a regular basis to help yourself improve.

1. A.
B.
C.
D.
2. A.
B.
C.
D.
3. A.
B.
C.
D.
4. A.
B.
C.
D.



Step 4. Make a plan for daily improvement (cont'd)

For each of the areas listed above, identify **4 specific statements** about yourself that you **WANT** to be true (“My lefty shot is a cannon”; “I bench 250 eight times”; “I get more and more confident as the game goes on”; “I’m great at learning from each of my mistakes”)

1.A.

B.

C.

D.

2.A.

B.

C.

D.

3.A.

B.

C.

D.

4.A.

B.

C.

D.



Vision

See it

10
↑

Feelazize it



0

Present Reality

Use this form to help move you towards your vision.
Then use your Goal setting Stair-step Worksheet to discover the *HOW*.
Refer to your *Wheel of Life* to see where you currently are on your scale of Present Reality.

Identify:

- What is the current problem (**Present Reality**)?
- What it would be like without the problem (**End-Result Vision**)?
- What words describe what it **looks like** to achieve your vision? (**See it!**)
- What words describe how it **feels** like to achieve your vision? (**Feelazize it!**)

List these words under each heading.

Now you have the words to help you write a powerful **Affirmation**.

