

SMARTER GOAL SETTING FORMS

Goal Setting Worksheet #1

Instructions: Record as many goals as you want. Each one should be important to you. Check each goal against the box on the right to see if it is as *SMART* and *controllable* as you can make it. Take your time doing this, researching issues with coaches, friends, on the Internet, etc. When you finish, check for logic from the bottom to the top of the page. If you succeed in your daily and weekly completely controllable goals, does it logically follow that you will likely meet your single-game goals, which if achieved should allow you to meet your season's goals, which if achieved will allow you to meet your lifetime's goals (or mission)? Record your long-term goals first. Best wishes!

My Performance Specific Goals

Name: _____

Date first recorded: _____

My lifetime goals are to:

My goals for the upcoming season are to:

Specific
Measurable
Attractive
Realistic
Time Constrained
+
Controllable

In each performance, I would like and expect to achieve these goals:

Day to day or each week, my goals are to:

Short-Term Goal Tracking

Directions: Record each optimally worded goal below and the scale it will be judged on, whether that is 1-10, 1-100, Yes/No, time, or A/B/C/D/F. You may want to add a one-word reminder of each goal in the box at the top on the daily log. Monitor and adjust this list regularly (recommendation: biweekly).

Record each daily and weekly goal, specifically	Scale it will be judged on
1.	
2.	
3.	
4.	
5.	
6.	

