

GOAL SETTING GUIDE

Goal setting is an important part of every successful persons accomplishments. From superstar athletes to exceptional business executives, their achievements can be traced back to a series of goals that they envisioned and then achieved through relentless action. So how do we go about setting and achieving our goals?

Set goals that motivate you! Make sure that they are important to you, and that there is value in achieving them. Write down why it's valuable and important to you.

Set **SMARTER** Goals

- o **Specific:** The more specific the better. Don't say you want to juggle better. Set a specific number you want to reach.
- o **Measurable:** You need to be able to measure your progress.
- o **Achievable:** You control the outcome, not someone else.
- o **Realistic:** Don't set a goal to be able to flap your arms and fly!
- o **Time Bound:** Set a future due date to keep you motivated.
- o **Evaluate:** Evaluate your progress and alter your action plan so you can hit your due date!
- o **Reward yourself!:** As you achieve your milestone goals and your bigger goal, give yourself a reward to stay motivated!

Write your goals down! Create an action plan. Include any obstacles you may face. These can create intermediate or milestone goals. Post it where you will see it every day. Goals written down and reviewed are more likely to be accomplished.

Use Habit Stacking and Implementation Intentions to help move goals in your head to a specific process that will make it a reality.

Habit Stacking - Practice your new habit before or after an existing habit.

"After/Before [current habit], I will [new habit]"

Before practice, I will juggle for 10 minutes.

Implementation Intentions - Be intentional about implementing the actions required to achieve your goal.

"During the next week, I will [action] on [day(s)] at [time] at/in [place]."

During the next week I will train on my own on Wednesday and Friday at 3:30pm in my backyard.

Stick with it! Grit will help you achieve your goals. Be persistent and resilient in working through any obstacles or set backs.

Verbalize your goal every day! Say your goal to yourself in terms of having achieved it. "On November 1st I will juggle 100 times with my feet only!"

Visualize yourself achieving your goals! If you can't see it, you won't be able to achieve it!

Create the proper environment. Whether or not you achieve your goals has a lot to do with what types of influences you surround yourself with. Don't surround yourself with people who distract you from your goals. Create visual cues in your room that will remind you of your goals and help keep you focused. Set reminders on your phone!

GOAL SETTING WORKSHEET

Name: _____

My Goal Is: _____

Why is the goal important: _____

S pecific <input type="checkbox"/>
M easurable <input type="checkbox"/>
A ctionable <input type="checkbox"/>
R ealistic <input type="checkbox"/>
T ime Bound <input type="checkbox"/>
E valuate <input type="checkbox"/>
R eward Yourself <input type="checkbox"/>

Obstacles I May Face: _____

My Action Items: _____



Goal Completion Date: _____