

Goal Setting for Athletes

Today's Date: _____

Date of Goal Achievement: _____

Long-term Goals

Write 3 long-term goals you'd like to work toward. A long-term goal is usually a big goal you'd like to achieve in one season or over one year. Setting short-term goals can also help you achieve a long-term goal.

1. _____
2. _____
3. _____

Step 1: Do your long-term goals pass the S.M.A.R.T. test? If they do, move on. If they don't pass the S.M.A.R.T. test, reevaluate your goals before you move on.

Specific Is your goal specific? Are you clearly stating what you're trying to achieve?

Measurable How will you know once you've reached the goal? How will you measure it?

Achievable Is this goal too easy? Too challenging? It should be hard, but not impossible.

Relevant Why is this goal important to you? What do you value about this goal?

Time-based When will you reach this goal? Have you given yourself enough time?

Step 2: Create an Action Plan. For each goal, come up with three or more actions you can take to reach this goal.

Goal 1

Action 1: _____

Action 2: _____

Action 3: _____

Goal 2

Action 1: _____

Action 2: _____

Action 3: _____

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Goal 3

Action 1: _____

Action 2: _____

Action 3: _____

Step 3: Plan for your obstacles. It's not always as easy as it seems on paper to reach your goals. Write down some obstacles that may get in your way and how you plan on overcoming those obstacles.

Obstacles	How will you overcome this obstacle?
_____	_____
_____	_____
_____	_____

Step 4: Write down your support system. Who can help you achieve your goals? Who can you lean on when times get tough and you need some assistance?

Name: _____ Contact Information: _____

Name: _____ Contact Information: _____

Name: _____ Contact Information: _____

Tips to Think About

- ✓ Save this goal sheet. Come back to it as you work to achieve your goals.
- ✓ Reevaluate when you need to. If you need to change or shift around your goals or actions, do it! This is your goal sheet and you can make changes to it when you need to.
- ✓ Push yourself, but don't beat yourself up. Use your goal sheet to keep you motivated and on track, but if you don't reach your goal, don't be too hard on yourself.
- ✓ Add this worksheet to a notebook, folder, or binder where you can keep other sports-related worksheets and notes.