



Goals Worksheet

A) List your five biggest sport-related dreams and why each is important to you.

DREAMS	WHY
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)



B) For each dream, list the biggest potential roadblocks you may face, and then the best solutions.

ROADBLOCKS	SOLUTIONS
Dream 1) a) b) c) d) e)	a) b) c) d) e)
Dream 2) a) b) c) d) e)	a) b) c) d) e)
Dream 3) a) b) c) d) e)	a) b) c) d) e)
Dream 4) a) b) c) d) e)	a) b) c) d) e)
Dream 5) a) b) c) d) e)	a) b) c) d) e)



C) Create your ROADMAP to your highest dream.

Here's an example of what you're about to create using the goals you've just written in A) and B):

"Roadmap" Goalsheet

Name: _____

Today's Date: 12/7/2003

	Dreams and Goals	Target Date
194.0	Qualify for USA Olympic Team ↑	Sept 2012
184.0	Top 3 at World Championships ↑	June 2011
164.0	Qualify for National Team ↑	June 2009
154.0	Qualify for VISA Cup ↑	June 2008
134.0	Qualify for Elite Level ↑	May 2007
124.0	Top 3 at Level 10 State ↑	October 2006
114.0	Qualify for Level 10 ↑	June 2005
114.0	Place Top 3 at Level 9 State ↑	April 2005
104.0	Qualify for Level 9 ↑	April 2004 ✓

Update by: 2/7/04 (every 60 days)



Roadmap Goal Sheet	Target Date

Update by: ___/___/___ (every 60 days) Today's Date: ___/___/___

“A goal is a dream with a deadline.” Napoleon Hill



Do This Exercise

Using the Roadmap you just created, make a short list of 5 key things you have to do to reach the next goal on your sheet. Include CONTROLLABLE things only. This is your action list. For example, if an athlete's next major goal was to qualify for the nationals, the action list might include things like improving fitness, improving a technical weakness, studying performance videos, reducing negative self-talk, scheduling tougher practice opponents, etc. Be specific about what you will weekly and by when.

Next Major Goal: _____

5 Key Things to Move Me to This Goal:

- 1)
- 2)
- 3)
- 4)
- 5)

“The most important thing you can do to achieve your goals is to make sure that as soon as you set them, you immediately begin to create momentum. The most important rules that I ever adopted to help me in achieving my goals were those I learned from a very successful man who taught me to first write down the goal, and then to never leave the site of setting a goal without first taking some form of positive action toward its attainment.” - *Anthony Robbins*