

GOAL SETTING

Goals direct attention.

Learn how to create a Goal Action Plan for getting just a little bit better each day. It is the small, daily details that will lead to big results. List the Big Dream, make an honest self-assessment, identify big rocks, & create a process.

GOAL & GAP SETTING



7 STEP PROCESS

Goal Setting or when done effectively GAP Action Planning, produces motivation, directs attention, increases effort & persistence, and promotes the development of new strategies.

Goal-setting is an integral piece of the Military's Elite Big Four of Mental Toughness. It's that important. We've developed an all-inclusive umbrella model for goal-setting and we take it as seriously as any other facet of mental toughness.

Step 1 – Define Your Goal. Without goals, it becomes difficult to measure success. The other aspect to goal-setting importance is the fuel it grants athletes & warriors as they grow winded on their journey. The road to success—any success—is usually one filled with obstacles, difficulties, and setbacks. Create S.M.A.R.T. Goals from your list.

Step 2 – Where Are You Now? You know where you want to go now you need to take a deep self-awareness check for where you are right now.

Step 3 – Decide What You Need to Develop. You have now established a destination and a starting point. What priorities or next steps must you accomplish in order to successfully reach your goal?

Step 4 – Make a Process. THIS is where most goals fail. The information out there can be overwhelming AND it takes a bit of effort and time to create your own plan THEN it takes discipline to begin and stick with said plan until you can form new habits. But I have faith you can do it!!

Step 5 – W.I.N. : What's Important Now. Take a look at your Process sheet and identify What you believe you can handle first, or What's Important Now. Start a to-do list TODAY for daily goals. What can you add to your daily to-do list that will move you closer to your outcome goal?

Step 6 – Commit Yourself Completely. Writing down goals and creating a plan is only part of the goal setting process. In order to ensure commitment to your goals, you must find creative and strategic ways to “trip over” your goals on a regular basis.

Step 7 – Regularly check in to determine your progress. Learn how to create contingency strategies with If/Then Statements to ensure you can navigate obstacles, recalculating the route as necessary and continue moving toward your goal.

Check-in 4
Date:

Check-in 3
Date:

Strengths

Check-in 2
Date:

Check-in 1
Date:

Support System

Recalculating

Potential Pitfalls (If)

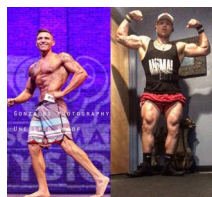
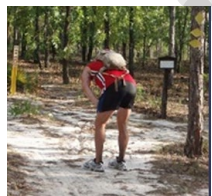
Strategies (Then)

Now

Affirmation Statement

Why is this important to you?

DREAM



- How good do you **REALLY** want to be?
- What would you attempt if you knew it was impossible to fail?
- What do you most want to be remembered for? What is your **LEGACY**?
- Which is most meaningful to you right here, right now?
- What have you always dreamed of doing?

New habits take discipline but if you decide its important enough then you'll find the time to make the change.

Define Your Goal(s)

Step A – free write what you want, your dreams, things you want to change or achieve. (Can just be a word or two for now)

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Write
Dissertation

Lose Weight

Pay off
Parents
House/Bills

Run a
marathon
and an Ultra

\$1 Million
per Year

Write a
Book

Purchase RV

Travel to
Every US
National
Park

Create Non-
Profit

Re-Write
Mental
Skills WB

Bring
Mental
Skills
Training to
Everyone

Complete
Leadership
Developmen
+ Program
& LDC. +++
Website to
promote

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Step B – Circle 2 - 5 goals you want to work on first

| GOAL | <u>EXAMPLE</u> | <u>EXAMPLE</u> | <u>EXAMPLE</u> |
|---|---|--|---|
| | I want to run a marathon. | Lose Weight | Complete Dissertation |
| Specific – clear, concise, tangible. Being specific allows you to clearly visualize the outcome. | I want to run the Marine Corps Marathon | I want to lose weight | Complete my dissertation |
| Measurable – how to quantify. You must be able to track your progress toward your goal. | I want to run the Marine Corps Marathon in under two hours | I want to lose 50 lbs | I need to complete my dissertation for my PsyD |
| Action-oriented – what skills or knowledge will you need to achieve this goal. | I will train for and run the Marine Corps Marathon in under two hours. | I will eat healthy and exercise daily to weigh 180 lbs | I will spend 1-2 hours a day researching/writing to complete my dissertation |
| Realistic – choose a goal that challenges you, but you may need to adjust. Be bold! | I will train for and run the Marine Corps Marathon in under 4 hours (9 min per mile) | I will eat healthy and exercise daily to weigh 199 lbs by Dec 2019 | I will spend minimum 1-2 hours a day researching/writing to complete my dissertation |
| Time-bound – When do you plan on accomplishing this goal. | I will begin training July 1, 2019 to run the Marine Corps Marathon Oct 2019 in under 4 hours | Today I begin to eat healthy and exercise daily to weigh 199 lbs by Dec 2019 | I will spend minimum 1-2 hours a day researching or writing to complete my dissertation by Mar 2020 |

Where are you in relation to where you want to be?

You have defined your goal so you know where you're going, now you need to take a look at where you are NOW. List your goals and possibly any areas you can measure within the goal and do a check for current location.

| NOW | Other Check-in Dates | | | GOAL |
|-----------------------------|----------------------|----------|----------|---------------------|
| 6/29/2019 11:42 mile | 7/1/2019 | 8/1/2019 | 9/1/2019 | 9 min mile |
| | | | | |
| 6/10/2019 248.6 lbs | | | | 199 lbs |
| 7/1/2019 | | | | Fitness Test |
| | | | | |
| Back to Start | | | | Dissertation |
| | | | | |
| 6/29/2019 87 Pages now | | | | Mental Skills WB |
| ½ completed 30 pages now | | | | Goal Setting WB |
| | | | | |
| | | | | |

Outcome goal: Today I begin to eat healthy and exercise daily to weigh 199 lbs by Dec 2019

You have now established a destination and a starting point. What priorities or next steps must you accomplish in order to successfully reach your goal?

A. Pick one of your goals for now. (write it above) You will need to do this for each of your goals.

B. Be Critically Self-Aware About What You Need To Develop

- **What main areas do you want to develop to achieve this outcome goal?**
- **Where do you need to put your time and energy?**
- **What sacrifices do you need to make?**
- **What skills do you need to acquire?**
- **Are there challenges you can expect?**
- **What habits do you need to change?**

Daily yoga

Cut sugar

Cut TV time

Reduce coffee?

No booze

Daily cardio

hips

Increase hydration

Cut late night snacking

Pay attention to my watch when it tells me to stand

Strength training

Track daily progress
(journal)

Cut phone time

Create/find workout plan

Outcome goal: Today I begin to eat healthy and exercise daily to weigh 199 lbs by Dec 2019

You might need to do research to find answers to some of these questions.

How much water should you drink? Approximately half your body weight in ounces is a general answer. Activity and environment will need to be accounted for.

What kind and how much yoga? Beach Body on Demand 3 week yoga retreat. (\$99 subscription)

Hips? Yoga will help but incorporate Power Hip Routine (purchased)

Start with daily hikes with dog and yoga. Progress to strength/workout/cardio.

As you can surmise, this step will take a bit of time and most likely research. Use your coaches if possible. STACK magazine online has good info. BeachBody on demand is one of my favorites for simple canned workouts.

Daily yoga

Cut sugar

Cut TV time

Set Mindset

No booze

Daily cardio

hips

Increase hydration

Meditate daily

no late night snacking

Diaphragmatically
Breathe

Strength training

Track daily progress
(journal)

Reduce coffee?

Cut phone time

Create/find workout plan

Outcome goal: Today I begin to eat healthy and exercise daily to weigh 199 lbs by Dec 2019

Be Critically Self-Aware About What You Need To Develop

- **What main areas do you want to develop to achieve this outcome goal?**
- **Where do you need to put your time and energy?**
- **What sacrifices do you need to make?**
- **What skills do you need to acquire?**
- **Are there challenges you can expect?**
- **What habits do you need to change?**

THIS is where most goals fail. The information out there can be overwhelming **AND** it takes a bit of effort and time to create your own plan **THEN** it takes discipline to begin and stick with said plan until you can form new habits. But I have faith you can do it!!

There is significant research (Locke & Latham) showing that the best way to achieve what we want is to set specific, actionable goals. You've done that in Steps 1 & 2, now the critical part, is to create a process for achieving your goals. Establish small habits that will lead to big changes. The devil is in the details. Identify what needs to be done at a granular level.

Coaches Saban, Belichick, Dorrance, Ellis, Summit, Kerr, Nurse, Popovich, Wooden & more all talk about the process. Duhig, *Power of Habit*; Burchard, *High Performance Habits*; Clear, *Atomic Habits*; and Stein Jr, *Raise Your Game* all are very good books on how to create and maintain a daily system (process) for change, success and high performance.

I believe Alan Stein Jr. sums it up best in his book *Raise Your Game*. He explains how we all *know* what to do, it's that we just don't do it. It is easy to look up a video on playing better or a technical skill, to research nutrition advice, strength training, heck you can look up how to get better at anything.

For example, we know smoking is bad for us as is alcohol & drugs, we know what foods to eat, how much sleep we should get, that we should do yoga, meditate, and be grateful. Yet we **STILL** don't do these things.

So you know what to do and fail to take action, why is that? Well it's most often due to lack of planning. We get stuck, frustrated, sedentary from this lack of doing and it becomes a habit, and a part of us.

Now you are going to list the areas or gaps between what you know you are supposed to do and what you are actually doing and create actionable steps.

Outcome goal: Today I begin to eat healthy and exercise daily to weigh 199 lbs by Dec 2019

You might need to do research to find answers to some of these questions.

How much water should you drink? Approximately half your body weight in ounces is a general answer. Activity and environment will need to be accounted for.

What kind and how much yoga? Beach Body on Demand 3 week yoga retreat. (\$99 subscription)

Hips? Yoga will help but incorporate Power Hip Routine (purchased)

Start with daily milks with dog and yoga. Progress to strength/workout/cardio.

As you can surmise, this step will take a bit of time and most likely research. Use your coaches if possible. STACK magazine online has good info. BeachBody on demand is one of my favorites for simple canned workouts.

Daily yoga

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MAKE A PROCESS

Outcome goal: Today I begin to eat healthy and exercise daily to weigh 199 lbs by Dec 2019

Priority #1

Cardio

Action (Steps)

Yoga daily – use BeachBody onDemand

Hike at least 2 miles daily with dogs

Research which program to add after 2-3 weeks of yoga

Search AllTrails and find long hike once or twice a week

Begin to jog. Treadmill first. Maybe 1 mile 4 times a week

Conduct a fitness assessment

Priority #2

Strength

Action (Steps)

Wait 2-3 weeks for body to adjust

Research body weight programs

Follow vball programs??

What about one of the BeachBody programs from app?

When is best time to do hips power program?

Priority #3

Mindset

Action (Steps)

Meditate Daily – am is best

Make the shift in my mind

Be disciplined to stick to the plan no matter what

Create affirmation statement and say every day

Practice A,B,See,S daily

Love YOU!!

Priority #4

Nutrition

Action (Steps)

Immediately cut sugar & booze

Drink 120 ounces of water daily

Eat a salad daily – more veggies!!

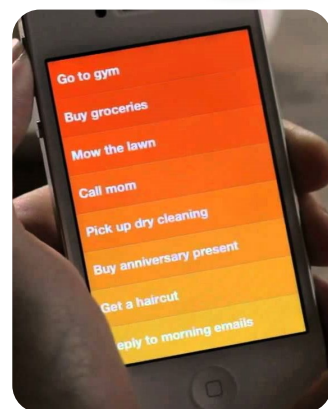
Ka'Chava plant based protein drink each am

Get better sleep. Bed same time/wake same time.

You may find this step challenging. That's ok. Anything worthwhile takes effort. Why leave your goal up to chance.

Just with this one Goal you have identified a lot of things to do. It can be daunting to try and implement all these changes at once. Take a look at your Process sheet and identify What you believe you can handle first, or What's Important Now.

Start a to-do list TODAY for daily goals. What can you add to your daily to-do list that will move you closer to your outcome goal? Check completed when you set in phone or calendar.



“WIN” with your goals: What's Important Now?

| Action Items | Completed |
|--|--------------------------|
| 1. Wake at same time daily 6:00 am – set alarm | <input type="checkbox"/> |
| 2. Set alarm for 8 hours sleep – 10:00 pm | <input type="checkbox"/> |
| 3. Measure HRV (Breathing) first thing (Inner Balance App) | <input type="checkbox"/> |
| 4. Drink 12-15 oz of water daily after HRV | <input type="checkbox"/> |
| 5. Set alarm to drink 12-15 oz water every 2 hours | <input type="checkbox"/> |
| 6. BeachBody OnDemand 3 Week Yoga Retreat 6:30 am daily | <input type="checkbox"/> |
| 7. Meditate for 5 minutes after yoga | <input type="checkbox"/> |
| 8. Ka'Chava shake after yoga/meditation | <input type="checkbox"/> |
| 9. Eat at least one salad a day | <input type="checkbox"/> |
| 10. Research which strength program will be best (wk 3) | <input type="checkbox"/> |
| 11. Create an affirmation statement | <input type="checkbox"/> |
| 12. Hike at least 2 miles daily in afternoon | <input type="checkbox"/> |
| 13. Listen to body. Should be “jogging” a mile by week 2 | <input type="checkbox"/> |

Commit Yourself Completely

Directions: Writing down goals and creating a plan is only part of the goal setting process. In order to ensure commitment to our goals, you must find creative and strategic ways to “trip over” your goals on a regular basis.

1. What strategies might you adopt to keep your goals present in your mind?

Use a combination of 168hr worksheet and Bullet Journal in a blank notebook/journal.
Write goal(s) on card and place near desk & in bathroom
Set alarms for daily progress & weekly/monthly check-ins
Set my mindset to DO IT!!!
Break the tv (jk – well half kidding, seeing if you’re paying attention)
Morning check in on goal & priming to WIN the day

2. How will you stay connected with your outcome goal(s) on a regular basis?

Use my notebook DAILY!!
Spend a few minutes at the end of each day reflecting on progress

3. Who will you rely on to remain accountable to your goals?

Many people will rely on family, spouse, gf/bf and even teammates
Social Media can be used for the good here. There are numerous workout groups available
MYSELF!! I am setting my mind and will be accomplishing these goals.

4. List additional ways that may help others. Be creative...

Cut out pictures and paste them in the front of the journal.
Write out core values and a philosophy
List strengths
Create If/Then statements for obstacles
Print out blank calendars for the next 3-6 months. Write out major

Time or the lack of time is a major problem for many. The week won't expand to 200 hours, so it's up to you to make your activities fit the time you have. Follow these directions and use the following 168 hr worksheet to analyze your time use and find some solutions. About 100 of the 168 hours are taken up with sleeping, eating, personal care, travel, chores, religious activities, and some leisure time.

First, fill in major commitments and personal time:

- ☐ Pencil in all your class times, work hours, and other regular commitments such as meetings and practices.
- ☐ Allow for travel times.
- ☐ Allow time to shower, eat meals, do laundry, shop for groceries, etc.
- ☐ Remember to allow enough time for sleep! If you consistently try to get by on less than 7 hours of sleep per day, you may risk your physical health and undermine everything else.

Now, consider the times you have to study:

- ☐ It is true-- you should allow about two hours of study time for every hour you spend in class. A 4-credit math or science class requires eight hours a week to read, study, and do homework problems.
- ☐ Schedule study and review times as soon after classes as possible.
- ☐ Allow study time every day for difficult subjects.
- ☐ Study specific subjects at specific times- math at 2 on Sunday.
- ☐ Try to study at the times of day that are best for you. If you are at your best in the morning, try to study your most difficult subject then rather than in the late afternoon or evening.
- ☐ If you've set a three-hour study block, take breaks and don't spend all the time on one subject.
- ☐ Leave some time unscheduled every day.

Total the hours allowed for Class, Study, Work, and Outside Activities

- ☐ IF THESE HOURS TOTAL MORE THAN 65, YOU MAY BE OVERCOMMITTED!
- ☐ It can be very difficult to work 30+ hours a week and carry a full academic schedule; the time for study is quite limited.
- ☐ Some people thrive on and can maintain this kind of pace. If you try it one semester and have problems, you should seriously rethink your schedule and commitments.

Examine your schedule as it is

- ☐ What's wrong with the picture? Is every waking minute full? Are some items taking time at the expense of other items?

What can you do?

- ☐ Be motivated. No one can control your time but you.
- ☐ You *must* have time for yourself to do what you enjoy—friends, family, exercise, hobbies.
- ☐ Be realistic. What do you really have time for?
- ☐ Set priorities and goals. What do you really want to do?
- ☐ Change, rearrange, delegate and combine tasks and responsibilities.
- ☐ Try a schedule for at least a week or two to see how it goes.

168 HOURS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| 12 AM - 1 AM | | | | | | | |
| 1 AM - 2 AM | | | | | | | |
| 2 AM - 3 AM | | | | | | | |
| 3 AM - 4 AM | | | | | | | |
| 4 AM - 5 AM | | | | | | | |
| 5 AM - 6 AM | | | | | | | |
| 6 AM - 7 AM | | | | | | | |
| 7 AM - 8 AM | | | | | | | |
| 8 AM - 9 AM | | | | | | | |
| 9 AM - 10 AM | | | | | | | |
| 10 AM - 11 AM | | | | | | | |
| 11 AM - 12 PM | | | | | | | |
| 12 PM - 1 PM | | | | | | | |
| 1 PM - 2 PM | | | | | | | |
| 2 PM - 3 PM | | | | | | | |
| 3 PM - 4 PM | | | | | | | |
| 4 PM - 5 PM | | | | | | | |
| 5 PM - 6 PM | | | | | | | |
| 6 PM - 7 PM | | | | | | | |
| 7 PM - 8 PM | | | | | | | |
| 8 PM - 9 PM | | | | | | | |
| 9 PM - 10 PM | | | | | | | |
| 10 PM - 11 PM | | | | | | | |
| 11 PM - 12 AM | | | | | | | |

CALENDAR

Goal:

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

After you list your goals, check-in dates, big rocks/priorities, and other major commitments, add them to your cell phone and/or computer calendars.

STRENGTHS

A. Make a list of your best qualities as an athlete, student, leader, person.

| Physical (Strength/Technical/Tactical) | Mental (Concentration/Relaxation,,) | Interpersonal (Motivator/Listener) |
|---|--|---------------------------------------|
| | | |
| | | |
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| | | |
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| | | |
| | | |
| | | |
| | | |
| | | |

B. Circle what you now consider to be your top strengths or areas of greatest talent and potential.

C. Write a letter to your sport. Why do you compete? What exactly do you love about your sport? What benefits do you get from participating? Etc.

CORE VALUES

Core Values

This exercise is to identify your core values. Place an “X” beside each value that you consider personally meaningful. Feel free to add others that may not be listed.

| | | | |
|---|---|---|---|
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Balance | <input type="checkbox"/> Faith | <input type="checkbox"/> Humor |
| <input type="checkbox"/> Duty | <input type="checkbox"/> Commitment | <input type="checkbox"/> Family | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Compassion | <input type="checkbox"/> Freedom | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Selfless Service | <input type="checkbox"/> Concern for Others | <input type="checkbox"/> Generosity | <input type="checkbox"/> Openness |
| <input type="checkbox"/> Honor | <input type="checkbox"/> Creativity | <input type="checkbox"/> Genuineness | <input type="checkbox"/> Perseverance |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Empathy | <input type="checkbox"/> Happiness | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Personal Courage | <input type="checkbox"/> Excellence | <input type="checkbox"/> Health (Self-care) | <input type="checkbox"/> Security |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Fairness | <input type="checkbox"/> Honesty | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Other: | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |

(Adapted from Loehr & Schwartz, 2003).



Goals are always Works-in-Progress

- **Log daily and weekly efforts in a 168hr goal log or Bullet Journal to:**
 - **Change strategies and readjust the plan as needed**
 - **“RECALCULATING”**
 - **Schedule your own weekly Goal IPR into your phone or on Facebook or a journal**
 - **Celebrate Successes!**

How often will you revisit/revise your goal process?

How often will you test/measure your progress?

Who is your accountability or Battle Buddy?

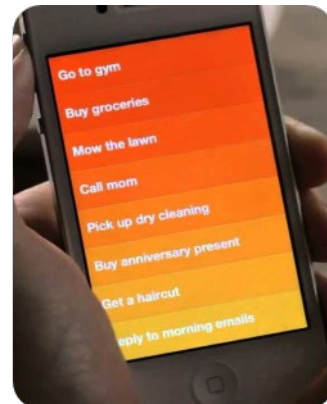
How will you check in and challenge your accountability partner?

Day of the week _____

or

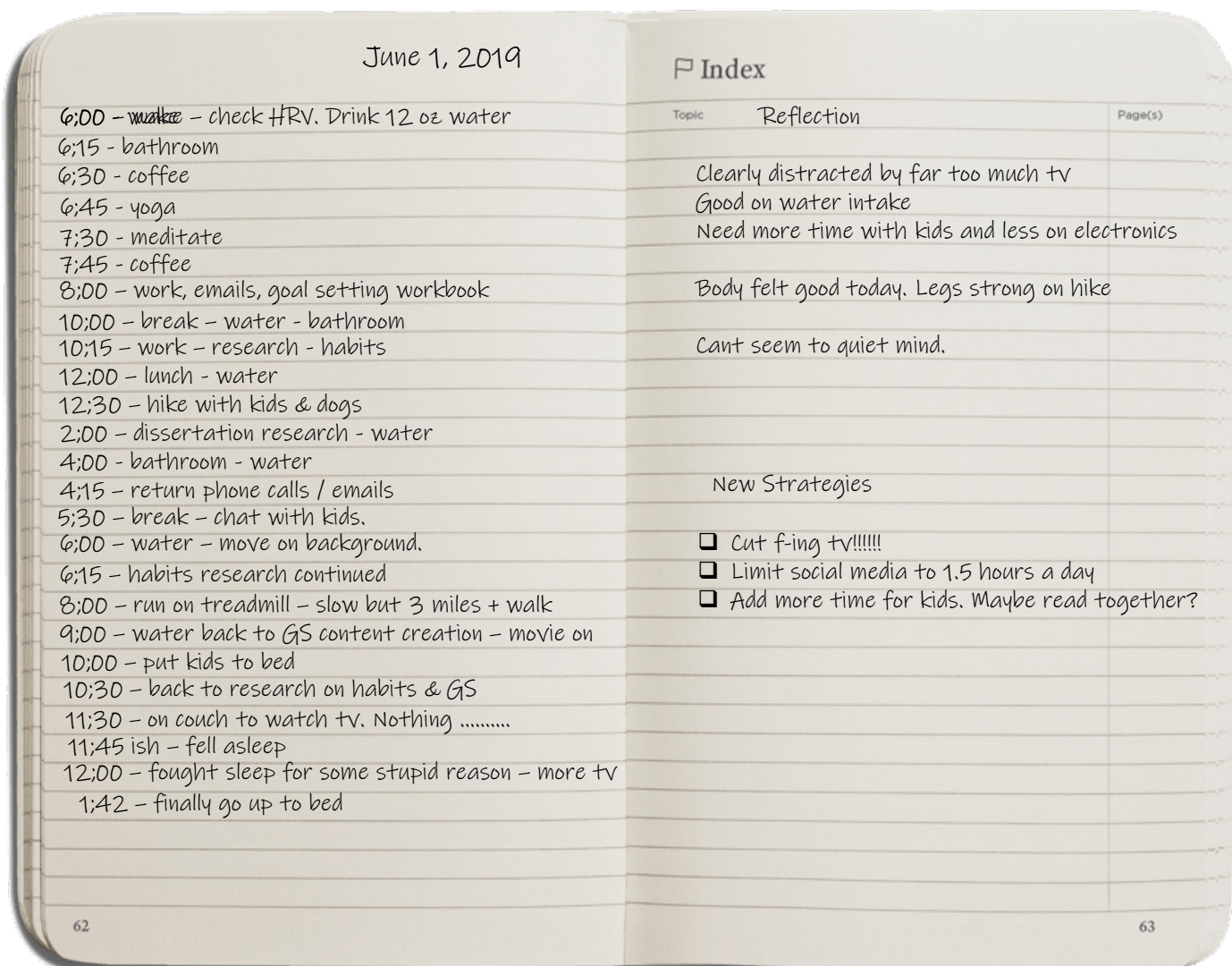
Date of the month _____

Schedule a reminder now!



“If you don’t change your direction, you’re going to end up where you’re headed.” ~Anonymous

What I find useful after years of trial and error is a combination of BulletJournal.com & the 168 hr worksheet. I find I needed to track my daily efforts to clearly see where I was failing. Alarming amounts of tv & social media. This then enabled, no enables me to recalculate with more discipline & more focused efforts.



If (you don't achieve your goal for the day, reflect back on how you spent your time and try to identify the obstacle.
Re-calculate as needed

Contingency planning / Recalculating.

The secret to making a lasting change is to create a series of if / then statements for your habits.

Create a list of how you'll respond to specific scenarios and use these whenever you're tempted to follow through on a negative impulse. You'll find it's easy to stick with your commitments when you have a clear set of instructions for every single situation.

Sometimes our thoughts, feelings, or actions prevent us from fulfilling our wishes. Identifying your internal obstacle raises your awareness about what is preventing you from achieving your wish.

You may have to dig deep to find your real obstacle. Once you identify your internal obstacle, hold it in your mind, and imagine it. See and feel yourself experiencing the obstacle. Then crush it!

Develop Your Motivational GPS



Produce
M_____

Direct
A_____

Increase
E_____ **&**
P_____

Promote
New
S_____

IF / THEN

IF X happens, THEN I will do Y

Potential Pitfalls (IF)

If I want to watch TV

Catch myself checking social media

If I have a Lazy morning

If I find myself searching kitchen for sugar late at night

If I have internal negativity or self-doubt

Prevention Strategies (THEN)

Then I will turn it off and check daily list.

Then I will refer to set times for going onto social media. Remove apps from phone is necessary

Then I will have the discipline to stick to my schedule. Start strong finish strong!!

Then I will drink water, and find a healthy snack. Or just not eat and train my body to not crave sugar any more.

Then I will reflect on 3 things I am grateful for that day. I will also say my affirmation statement and Goggins it.

Take a notepad with you for a few weeks. Whenever you think about doing a bad habit, write down the stimuli around you. Certain sights, sounds, smells and even people can act as triggers. Eventually, you'll be able to come up with if-then statements

Failure happens. Don't let it get you down. If you fail just RECALCULATE, add to the list for your THEN statements. What caused the failure? Was it a specific habit trigger you initially missed? What can you do next time?

Proactively list the three biggest mistakes or blunders that you're intending to avoid.

“MOTIVATION”

You MUST have a reason to succeed; one that touches the deepest levels of your being.

Why is this so important to you?

What will you lose if you don't keep going?

Every action you take is a vote for the type of person you wish to become.

A. Decide the type of person you want to be.

B. Who is the type of person that could get the outcome I want?

C. Prove it with small wins.

MULTIPLE GOALS

As humans we have many layers, goals may overlap and be part of other goals. Write down a goal for each of these areas you may have identified for setting a goal. Then go back and create a plan for achieving each goal.

Sport:

Student:

Work:

Life:

Relationship:

Other:

“Expectancy Theory” **You get what you expect**

***The brain is highly
adaptive, and through
repetitive activities
designed to create
certain behaviors, we
are able to change the
cellular structure
within the brain.***

SUMMARY

- **Goal setting is a process that increases effort, produces motivation, directs attention, and promotes creative strategies.**
- **Goals are more personally meaningful when supported by core values.**
- **Goal setting is most effective when what we think is aligned with what we do, our goals are written down, and creative strategies are used to execute and adjust the plan.**
- **Your goals can be far in the distance but you can reach them with a consistent effort and never-ending improvement. Do something today to get closer to your goal..**

Progress not Perfection
BUT
Progress toward Perfection

No one said the journey would be easy. How bad do you want it?

WORKSHEETS

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Date:

Check-in 3
Date:

Strengths

Check-in 2
Date:

Check-in 1
Date:

Support System

Recalculating

Potential Pitfalls (If)

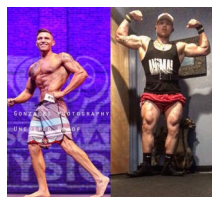
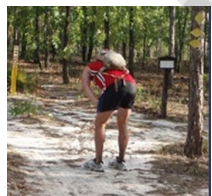
Strategies (Then)

Now

Affirmation Statement

Why is this important to you?

DREAM



- How good do you **REALLY** want to be?
- What would you attempt if you knew it was impossible to fail?
- What do you most want to be remembered for? What is your **LEGACY**?
- Which is most meaningful to you right here, right now?
- What have you always dreamed of doing?

New habits take discipline but if you decide its important enough then you'll find the time to make the change.



Step A – free write what you want, your dreams, things you want to change or achieve. (Can just be a word or two for now)

| GOAL | <u>EXAMPLE</u> | <u>EXAMPLE</u> | <u>EXAMPLE</u> |
|---|-----------------------|-----------------------|-----------------------|
| Specific – clear, concise, tangible. Being specific allows you to clearly visualize the outcome. | | | |
| Measurable – how to quantify. You must be able to track your progress toward your goal. | | | |
| Action-oriented – what skills or knowledge will you need to achieve this goal. | | | |
| Realistic – choose a goal that challenges you, but you may need to adjust. Be bold! | | | |
| Time-bound – When do you plan on accomplishing this goal. | | | |

Where are you in relation to where you want to be?

You have defined your goal so you know where you're going, now you need to take a look at where you are NOW. List your goals and possibly any areas you can measure within the goal and do a check for current location.

[illegible]

Outcome goal:

You have now established a destination and a starting point. What priorities or next steps must you accomplish in order to successfully reach your goal?

A. Pick one of your goals for now. (write it above) You will need to do this for each of your goals.

B. Be Critically Self-Aware About What You Need To Develop

- **What main areas do you want to develop to achieve this outcome goal?**
- **Where do you need to put your time and energy?**
- **What sacrifices do you need to make?**
- **What skills do you need to acquire?**
- **Are there challenges you can expect?**
- **What habits do you need to change?**

Outcome goal: Today I begin to eat healthy and exercise daily to weigh 199 lbs by Dec 2019

Be Critically Self-Aware About What You Need To Develop

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- **What skills do you need to acquire?**
- **Are there challenges you can expect?**
- **What habits do you need to change?**

Outcome goal:

You might need to do research to find answers to some of these questions.

As you can surmise, this step will take a bit of time and most likely research. Use your coaches if possible. STACK magazine online has good info. BeachBody on demand is one of my favorites for simple canned workouts.

MAKE A PROCESS

Outcome goal:

Priority #1

**Action
(Steps)**

Priority #2

**Action
(Steps)**

Priority #3

**Action
(Steps)**

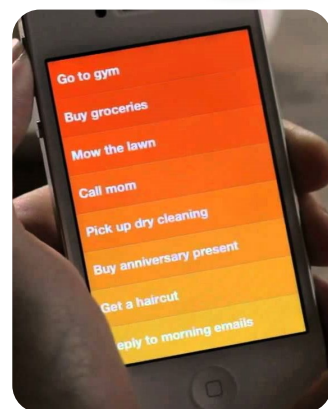
Priority #4

**Action
(Steps)**

You may find this step challenging. That's ok. Anything worthwhile takes effort. Why leave your goal up to chance.

Just with this one Goal you have identified a lot of things to do. It can be daunting to try and implement all these changes at once. Take a look at your Process sheet and identify What you believe you can handle first, or What's Important Now.

Start a to-do list TODAY for daily goals. What can you add to your daily to-do list that will move you closer to your outcome goal? Check completed when you set in phone or calendar.



“WIN” with your goals: What's Important Now?

| Action Items | Completed |
|--|--------------------------|
| 1. Wake at same time daily 6:00 am – set alarm | <input type="checkbox"/> |
| 2. Set alarm for 8 hours sleep – 10:00 pm | <input type="checkbox"/> |
| 3. Measure HRV (Breathing) first thing (Inner Balance App) | <input type="checkbox"/> |
| 4. Drink 12-15 oz of water daily after HRV | <input type="checkbox"/> |
| 5. Set alarm to drink 12-15 oz water every 2 hours | <input type="checkbox"/> |
| 6. BeachBody OnDemand 3 Week Yoga Retreat 6:30 am daily | <input type="checkbox"/> |
| 7. Meditate for 5 minutes after yoga | <input type="checkbox"/> |
| 8. Ka'Chava shake after yoga/meditation | <input type="checkbox"/> |
| 9. Eat at least one salad a day | <input type="checkbox"/> |
| 10. Research which strength program will be best (wk 3) | <input type="checkbox"/> |
| 11. Create an affirmation statement | <input type="checkbox"/> |
| 12. Hike at least 2 miles daily in afternoon | <input type="checkbox"/> |
| 13. Listen to body. Should be “jogging” a mile by week 2 | <input type="checkbox"/> |

Commit Yourself Completely

Directions: Writing down goals and creating a plan is only part of the goal setting process. In order to ensure commitment to our goals, you must find creative and strategic ways to “trip over” your goals on a regular basis.

1. What strategies might you adopt to keep your goals present in your mind?

Use a combination of 168hr worksheet and Bullet Journal in a blank notebook/journal.
Write goal(s) on card and place near desk & in bathroom
Set alarms for daily progress & weekly/monthly check-ins
Set my mindset to DO IT!!!
Break the tv (jk – well half kidding, seeing if you're paying attention)
Morning check in on goal & priming to WIN the day

2. How will you stay connected with your outcome goal(s) on a regular basis?

Use my notebook DAILY!!
Spend a few minutes at the end of each day reflecting on progress

3. Who will you rely on to remain accountable to your goals?

Many people will rely on family, spouse, gf/bf and even teammates
Social Media can be used for the good here. There are numerous workout groups available
MYSELF!! I am setting my mind and will be accomplishing these goals.

4. List additional ways that may help others. Be creative...

Cut out pictures and paste them in the front of the journal.
Write out core values and a philosophy
List strengths
Create If/Then statements for obstacles
Print out blank calendars for the next 3-6 months. Write out major

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168 HOURS

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| 12 AM - 1 AM | | | | | | | |
| 1 AM - 2 AM | | | | | | | |
| 2 AM - 3 AM | | | | | | | |
| 3 AM - 4 AM | | | | | | | |
| 4 AM - 5 AM | | | | | | | |
| 5 AM - 6 AM | | | | | | | |
| 6 AM - 7 AM | | | | | | | |
| 7 AM - 8 AM | | | | | | | |
| 8 AM - 9 AM | | | | | | | |
| 9 AM - 10 AM | | | | | | | |
| 10 AM - 11 AM | | | | | | | |
| 11 AM - 12 PM | | | | | | | |
| 12 PM - 1 PM | | | | | | | |
| 1 PM - 2 PM | | | | | | | |
| 2 PM - 3 PM | | | | | | | |
| 3 PM - 4 PM | | | | | | | |
| 4 PM - 5 PM | | | | | | | |
| 5 PM - 6 PM | | | | | | | |
| 6 PM - 7 PM | | | | | | | |
| 7 PM - 8 PM | | | | | | | |
| 8 PM - 9 PM | | | | | | | |
| 9 PM - 10 PM | | | | | | | |
| 10 PM - 11 PM | | | | | | | |
| 11 PM - 12 AM | | | | | | | |

CALENDAR

Goal:

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

After you list your goals, check-in dates, big rocks/priorities, and other major commitments, add them to your cell phone and/or computer calendars.

STRENGTHS

A. Make a list of your best qualities as an athlete, student, leader, person.

| Physical (Strength/Technical/Tactical) | Mental (Concentration/Relaxation,,) | Interpersonal (Motivator/Listener) |
|---|--|---------------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

B. Circle what you now consider to be your top strengths or areas of greatest talent and potential.

C. Write a letter to your sport. Why do you compete? What exactly do you love about your sport? What benefits do you get from participating? Etc.

CORE VALUES

Core Values

This exercise is to identify your core values. Place an “X” beside each value that you consider personally meaningful. Feel free to add others that may not be listed.

| | | | |
|---|---|---|---|
| <input type="checkbox"/> Loyalty | <input type="checkbox"/> Balance | <input type="checkbox"/> Faith | <input type="checkbox"/> Humor |
| <input type="checkbox"/> Duty | <input type="checkbox"/> Commitment | <input type="checkbox"/> Family | <input type="checkbox"/> Kindness |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Compassion | <input type="checkbox"/> Freedom | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Selfless Service | <input type="checkbox"/> Concern for Others | <input type="checkbox"/> Generosity | <input type="checkbox"/> Openness |
| <input type="checkbox"/> Honor | <input type="checkbox"/> Creativity | <input type="checkbox"/> Genuineness | <input type="checkbox"/> Perseverance |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Empathy | <input type="checkbox"/> Happiness | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Personal Courage | <input type="checkbox"/> Excellence | <input type="checkbox"/> Health (Self-care) | <input type="checkbox"/> Security |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Fairness | <input type="checkbox"/> Honesty | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Other: | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |

(Adapted from Loehr & Schwartz, 2003).



Goals are always Works-in-Progress

- **Log daily and weekly efforts in a 168hr goal log or Bullet Journal to:**
 - **Change strategies and readjust the plan as needed**
 - **“RECALCULATING”**
 - **Schedule your own weekly Goal IPR into your phone or on Facebook or a journal**
 - **Celebrate Successes!**

How often will you revisit/revise your goal process?

How often will you test/measure your progress?

Who is your accountability or Battle Buddy?

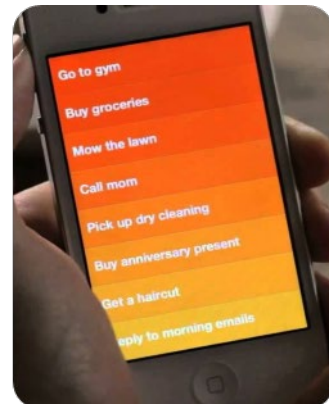
How will you check in and challenge your accountability partner?

Day of the week _____

or

Date of the month _____

Schedule a reminder now!



“If you don’t change your direction, you’re going to end up where you’re headed.” ~Anonymous

“MOTIVATION”

You MUST have a reason to succeed; one that touches the deepest levels of your being.

Why is this so important to you?

What will you lose if you don't keep going?

Every action you take is a vote for the type of person you wish to become.

A. Decide the type of person you want to be.

B. Who is the type of person that could get the outcome I want?

C. Prove it with small wins.

IF / THEN

IF X happens, THEN I will do Y

Potential Pitfalls (IF)

Prevention Strategies (THEN)

Take a notepad with you for a few weeks. Whenever you think about doing a bad habit, write down the stimuli around you. Certain sights, sounds, smells and even people can act as triggers. Eventually, you'll be able to come up with if-then statements

Failure happens. Don't let it get you down. If you fail just RECALCULATE, add to the list for your THEN statements. What caused the failure? Was it a specific habit trigger you initially missed? What can you do next time?

UNACCEPTABLES

Proactively list the three biggest mistakes or blunders that you're intending to avoid.

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MULTIPLE GOALS

As humans we have many layers, goals may overlap and be part of other goals. Write down a goal for each of these areas you may have identified for setting a goal. Then go back and create a plan for achieving each goal.

Sport:

Student:

Work:

Life:

Relationship:

Other:

Awareness is the first step to gaining control of any pressure situation. Lack of awareness is almost always the result of excessive concern with achieving the end result. The athlete must “check-in” and determine if his or her activation level, emotional state, thoughts, and focus are where they need to be. Which is the present moment / The task at hand.

Self-Check

Are your Thoughts helping or hurting? How?

How is your Activation/Physiology?

Where is your Attention?

How is your Energy?

Breathe. Deliberately focus on the inhale and exhale of your breathing. Breathe with a 4-5 second inhale through the nose and 4-5 second exhale through the mouth. All ineffective thoughts and negativity are expelled.



See the success you want using imagery. Be sure to include all 5 senses. (This may take some practice)

Write the success you want

Say your affirmation to yourself. Affirmations are statements that reflect positive attitudes or thoughts about oneself. The most effective affirmations are believable and vivid.

Write your affirmations

AFFIRMATIONS

An affirmation can work as it has the ability to program your mind into believing the stated concept. This is because the mind doesn't know the difference between what is real or fantasy. When you watch a movie and you start to laugh or cry your mind is empathizing with the characters on the screen even though it is only Hollywood magic. There are both positive and negative types of affirmations. I'm sure many of us can remember as a child being told by a teacher, parent or coach that we didn't have the ability to do something, or we were fat, clumsy, etc. These unwholesome statements can stay with us in the conscious or unconscious mind, which we then reinforce throughout our lives.

For example, the fear of failure, according to Heinz Kohut, the grandfather of psychology of the self, when we fear failure, we tend to overestimate the risk we're taking and imagine the worst possible scenario. We avoid opportunities for success, and then, when we fail, the unwholesome affirmation we unwittingly re-confirm is "Success just isn't written in my stars" or "It's just not in my karma!"

If an unwholesome belief is deeply rooted in our unconscious mind then it has the ability to override a positive affirmation even if we aren't aware of it. This is why for many people affirmations don't seem to work as their afflicted thought patterns are so strong that it knocks out the effect of the positive statement. So how can we add more muscle to an affirmation so it has the power to triumph over our negative thinking? Here are some suggestions on how to make them work for you.

Elements of a successful affirmation –

Create affirmations that are not just words... make them incantations leading to mind & body belief and a reaction (creating a physiological response). The affirmation is a repeated message in your mind, combined with say a “power pose”. Believe the mental message to be “real” leading to a state of “being”.

- 1) Short, easy to remember, powerful**
- 2) Emotion (need to involve emotion or entice a physiological response)**
- 3) Present and immediate future tense**
- 4) Positive!**
- 5) Repetition**
- 6) Realistic / be “yourself” or “genuine”**
- 7) Don't get caught up in current situation**
- 8) Consistency is key**

5 STEPS to SAY

Step 1: Using the Self-Talk “Bully” worksheet, focus on the positive opposite that counteracts those negative beliefs. OR – create an affirmation for the state of being you want to achieve. For example, you may often think, “I make so many mistakes.” In this case, you would write an affirmation like, “I am capable and experienced.” Try to use evidence to replace the negative self-talk.

You can include any criticisms others have made of you that you've been holding onto; whether it's something your siblings, parents, peers, or coaches used to say about you. Don't judge if they're accurate and remember we all have flaws. This is one of the beauties of being human. Simply make a note of them and look for a common theme, such as "I'm unworthy." This will be a great place to start making a shift in your life. When you write out the recurring belief notice if you holding on to it anywhere in your body? For example, do you feel tightness or dread in your heart or stomach?

Step 2: Using the Self-Talk “Bully” worksheet and the Strengths worksheet, now write out an affirmation on the positive aspect of your self-judgment. You may want to use a thesaurus to find more powerful words to beef up your statement. For example instead of saying, "I'm worthy." You could say, "I'm remarkable and cherished."

After you have written your affirmation then ask a close friend to read it to see if they have any suggestions to make it stronger.

Step 3: Regularly practice you're A,B,See,S. Speak the affirmation out loud for about 1-3 minutes three times a day - morning, mid day and evening. An ideal time to do this is when you're putting your make up or shaving so that you can look at yourself in the mirror as you repeat the positive statement. Another option that helps to reinforce the new belief and would be easy to do at school is to write out the affirmation several times in a notebook.

Step 4: See the Success you want. Use Imagery to anchor the affirmation in your body as you are repeating it. Also "breathe" into the affirmation while you are saying or writing it. As you reprogram your mind you want to move from the concept of the affirmation to a real, positive embodiment of the quality you seek.

Step 5: Get a friend or coach to repeat your affirmation to you. If you don't have someone who you feel comfortable asking then use your reflection in the mirror as the person who is reinforcing the healthy message.

5 STEPS to SAY

Complete these steps using instructions from previous page.

Step 1:

Step 2:

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Step 4: PRACTICE!!!! See the Success you want. Use Imagery to anchor the affirmation in your body as you are repeating it. Also "breathe" into the affirmation while you are saying or writing it. As you reprogram your mind you want to move from the concept of the affirmation to a real, positive embodiment of the quality you seek.

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Your Actions Reveal Your Priorities



Be Where Your Feet Are



SPORTS PSYCH MIKE

Let's get Mental

The first step can often
be the most difficult.
Take a deep breath,
believe in yourself, and
take it anyway!

