

4-Step Goal Planning

List some race details that you can focus on improving:

4. Live it, and let it go!

You have written out your dream, identified the steps to get there, and recognize the details that need to become focused habits.

Two basic steps remain in Goal Planning:

First: Live life as if the goal is achievable. Literally—be the dream.

Example: If your goal is to be an Olympian, and an Olympian goes to every workout, then plan to BE AT EVERY WORKOUT! Here are some others:

- Get enough sleep.
- Be confident at meets.
- Make training matter.
- Eat right, and so on.
- Living out your dream as if you will achieve it allows your mind to accept the dream as reality.

List some ways you can live out your dream everyday:

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Second: Let it go!

It is important to remember that at the end of this season one of two things will happen:

1. You achieve your dream.
2. You do not achieve your dream (but are still successful).

Either of these options can bring success by how you view the process that got you there and how you will move forward again afterwards.

Remember:

Goal planning is a constant journey that has many ups and downs along the way.

- You alone can define the success and failure of your season.
- Reaching a goal simply becomes the starting place for the next dream/goal.
- Successes can be accounted for even if you fall short of the big goal.
- Remember to enjoy the process of progressing forward.
- Letting go of disappointments opens the door to new challenges and new successes.
- Letting go of your old dreams to chase new ones also opens the door to new challenges and new successes.

Great Job! You have officially begun to outline your personal goals and how to apply it to your season!

- Use the quick reference summary at the front of this section to put it all on one page.
- Use the Goal Outline next as a starting point.

Have a great season!

G.O.A.L.

FILL IN THIS GOAL OUTLINE TO GET ORGANIZED ABOUT LIFE.

Get a dream:

Organize steps to your dreams:

Attention to detail:

Live like you want your dream: