

Goal Setting Exercise 1: How Far should I Look Ahead?

Long-term goals tell you where you want to go and short-term goals tell you how you are going to get there. Both are important for effective goal setting. Try this exercise to help you breakdown your long-term goals.

1. What is one of your long-term goals for this season?

2. What are the abilities or skills you need to achieve this goal?

- a.
- b.
- c.

3. What can you do between now and the end of the season to develop those abilities and skills?

- a.
- b.
- c.

4. What will you do this week to develop those abilities and skills?

- a.
- b.
- c.

5. What can you do next practice to develop those abilities and skills?

- a.
- b.
- c.