



2020 SEASON - GOAL SETTING

Name: _____

Discipline: _____

My goal:

Specific "What exactly do I want to achieve?"	
Measurable "How will I know I have reached this goal?"	
Achievable "Is this goal something that can be achieved?"	
Realistic "Is this goal something that is within my reach?"	
Time-bound "When do I want to achieve this goal?"	

What are two things I need to do to achieve this goal?

1)

2)

Who can assist me to achieve this goal?
