

SMART GOALS

“The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move.”
John Wooden

Name: _____

Date: _____



SPECIFIC	Make your goal specific, clear, and well-defined.
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MY GOAL IS:

MEASURABLE	Goals need to be measurable and/or observable. Numerical goals are often easier to measure than subjective goals.
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I WILL TRACK THE PROGRESS I MAKE TOWARDS MY GOAL BY:

ATTAINABLE	Goals should be realistic yet also challenging.
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MY GOAL IS ATTAINABLE BECAUSE I CAN:

RELEVANT	Goals should be relevant to your sport, team, & position.
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MY GOAL IS RELEVANT BECAUSE:

TIMELY	Goals should have a target date for completion.
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I WILL ACHIEVE MY GOAL BY:

STEPS TO REACH MY GOAL:

STEP 1:	_____
STEP 2:	_____
STEP 3:	_____
STEP 4:	_____