



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.