

# CRAFTSBURY ACADEMY - 2019 CROSS COUNTRY - GOAL SHEET

NAME: \_\_\_\_\_

## GUIDELINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. Include at least one team goal.
3. You **MUST BELIEVE** in the goals you have set.
4. You must be dedicated to your goals.
5. You must be disciplined and consistent in the pursuit of your goals.
6. You must be prepared to re-adjust your goals.
7. You must realize reaching goals takes **TIME** and **HARD WORK**.
8. You must be specific in describing what goals you will achieve. **EXAMPLE:** "I will run under 20:00 at Thedford."
9. You must state your goals in the present tense.
10. You must include at least one life goal and one academic goal along with your athletic goals.
11. You must have a specific plan to achieve your goals (a training log).

**REMEMBER:** "Most of our satisfaction in life comes from pursuing a goal"

## GOALS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Thought provoking questions:

1. Are you making the most of your talents?
2. Are you working toward developing your potential?
3. Will you choose excellence, or coast?
4. Will you rise above the commonplace, or survive on mediocrity?