



The Consummate Athlete Guide to Goal Setting

Your Name:

Date/Season:

A few key reminders:

- a) Set your own goals - have some skin in the game, be invested, and know your WHY
- b) Seek feedback on your goals (e.g. from a coach or peer)
- c) Write down the goals and have them in a place to review often - a journal, on the fridge or mirror, or [insert your best place!]
- d) Be accountable - Tell others (e.g. your family and coach), set deadlines, train with people
- e) Reward yourself for accomplishing process goals and/or pair things you like with harder tasks you want to do. Examples include watching TV only while on the trainer, a trip if you hit your goal, coffee stops only on rides over 3 hours.
- f) For each time period listed on the coming pages, set some goals for 2-3 different areas/roles in your life. Common areas include: Health, Physical, Athletic, Personal, Financial, Relationships, Career
- g) Remember that you can do anything, but you can't do EVERYTHING. That's why we have athletes think about goals outside of sport at the same time: If you compartmentalize your sports goal away from your career goal, it's likely you'll end up with too many major goals and not enough bandwidth to hit them!

If you need help with this process, you can [Book a Call Here.](#)



The Five 2's

TWO DECADES

Life will look different and the realization that time passes is evident. Kids will be adults, careers will change, we are all getting older! Goals here will be fuzzy but help set the 'why' and our rough heading. If I want to have my teeth in 20 years I should be brushing and going to the dentist several times a year! If I want to be active I might consider weight training or getting active now in several sports since it will be easier now than then. If I want a healthy marriage then there are checklists for today and two weeks to help with that. If I want to be retired then I have questions about savings, investments, and appointments.

These might be Abilities, Amounts, Who, What, Where, Why

[These could simply be Values \(this post on values may help!\)](#)

- **Physical -**

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TWO YEARS

You can do a lot in two years. You can become quite proficient in a sport. You can be very much on your way to excellence. But it's not that far away so there is urgency.

Numbers, Results, Experiences, Locations, Relationships, Achievements, Roles,

- **Physical -**

- ?

- ?



TWO WEEKS

Two weeks will come and go quickly but you can see if what you are doing is working in two weeks. If it's not working, you are not taking action or you are not moving in the right direction then this is your check-in to change things up.

Numbers, times, jobs done, appointments made, phone calls, applications go here nicely.

- **Physical -**
- ?
- ?

Create daily checklists based on your 2-week goals

What are a few things you need to get done daily to hit your 2-week goals?

This can be thought of as '3 things that are most important to my goals/sport'

- Weight loss example -> Veggies/Protein each meal, Walk in the morning, Sleep for 9 pm
- Performance example -> Morning Core, Daily Workout done with comments, fuel training (eat during workout).
- **Physical -**
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End of Day: What did you do today? (this helps with 'tomorrow' to-do lists and prep)



TOMORROW - Plan tomorrow today (this is done daily)

What is coming up? What do you need to have ready?

What can you do now?

Pay the bill, send the invoice, clean the bathroom, take out the garbage, make the meals, send the email, ask the question.

Write out the To-Do List for Tomorrow (this changes daily):

- **Health -**
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