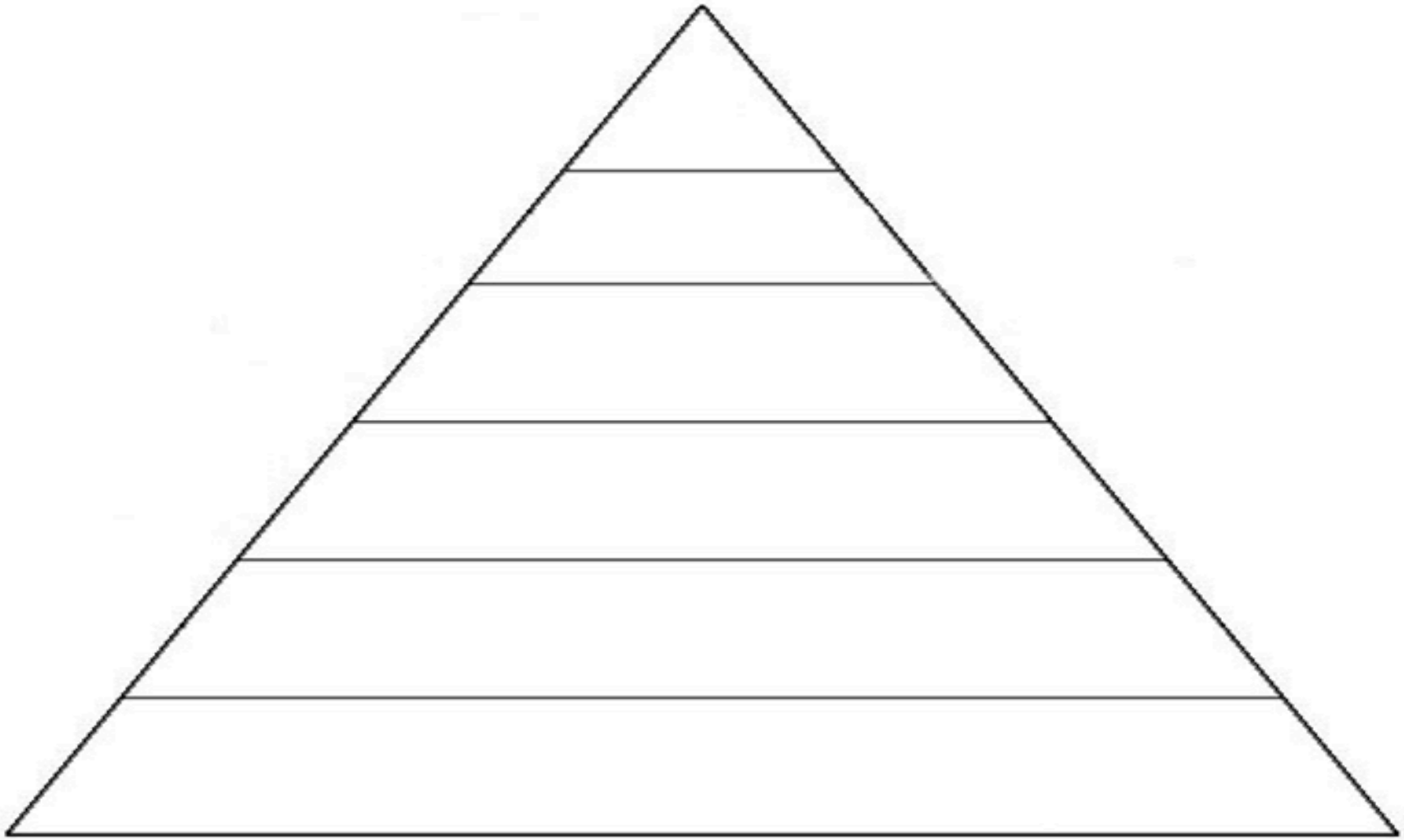
GOAL PYRAMID



What is a Goal Pyramid?

Imagine a roadmap that connects your athletic mission with your most important daily tasks, that's precisely what the Goal Pyramid looks like! A Goal Pyramid is a triangle with a large base at the bottom and a sharp peak at the top, representing the stages and progress of your goals in order to reach your final true goal.

This powerful structure empowers you to set clear and achievable goals, enhancing your motivation, progress, and overall satisfaction with each step forward.

Ensure your primary goal is **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-bound (**SMART**).

How do I fill in my pyramid?

1. Identify your primary goal (e.g., Making States Team). This is the top tier.
2. Ask yourself, "How can I achieve this goal?" to set long-term goals (e.g., skill development, technique work). This is the next two tiers.
3. Continue asking "How?" for each long-term goal to arrive at specific short-term goals (e.g., attending all races, getting 10 hours of sleep every night). This is your bottom tiers.

By doing this, you build a clear path to your primary goal.

