

## Goal Setting for Student Athletes

### SMART

- **Specific** – Well defined, clear – what do you exactly want to accomplish?
- **Measurable** – Specific criteria that measures your progress – how will I know I met the goal?
- **Achievable** – Attainable, not impossible, but challenging – make sure you can hit the goal but it's not too easy.
- **Relevant** – Important to your life – does this seem worthwhile?
- **Time-Bound** – Clearly defined timeline, start date and end date – when should it be accomplished?

#### 4 Step Goal Setting Activity

##### 1. Name Your Goals Using SMART method

---

---

---

---

---

---

##### 2. What are ways you can get to you goal? (Do this for each goal)

Goal =

Ways:

---

---

---

---

##### 3. What gets in the way? What are the obstacles you encounter?

Things that get in the way:

---

---

---

---

##### 4. If/Then Planning. Strategies to overcome obstacles.

If \_\_\_\_\_

Then \_\_\_\_\_

If \_\_\_\_\_

Then \_\_\_\_\_