

The Young Athlete's Goal Setting Success

What do you really want?

- **Desire** - Desire is the force that drives you towards your goals. It is what motivates you to endure those intense mental and physical challenges. You have to want to accomplish your goal with excitement.
- **Belief** - You must believe, without a doubt, that you can achieve your goals. Belief is the foundation of success.
- **Write It** - Your goals need to be written, or they are merely wishes. If a goal is worth setting, then it is worth writing. Write your goals in present tense as if they have already been accomplished. Also write them in as much detail as possible.
Put into Action: *Don't read any further! Go get a pen or pencil and some paper, let's get to it! Write down your goal!*
- **Determine the Benefits** - Why do you want this goal so badly?
Put into Action: *Make a list of all the benefits you and others will receive from achieving your goal.*
- **Analyze Your Current Status** - Where are you currently in your attempt to accomplishing your goal? Until you know where you are now, you will never know where you need to be. The most detailed map in the world is useless if you do not know your current location.
Put into Action: *Be realistic about your current situation. Think about where you want to be in the next 2 - 5 years.*
- **Set a Deadline** - When do you want to achieve your goal? On most goals, you need a deadline, or you will not strive to achieve it in a timely manner. Deadlines create a sense of urgency to get the job done. Write down your deadline.
Put into Action: *Write down your deadline for each goal and look at it daily.*
- **Identify Obstacles** - Be prepared to face challenges along the way. If you are prepared, and determined to stay focused, you will be ready to handle almost everything that comes your way.
Put into Action: *Create a list of potential obstacles and a detailed plan on how to overcome each one.*
- **Identify the Knowledge You Will Need** - We often must learn new things to accomplish our goals. Whether it is a new sport or a textbook you are reading, identify the knowledge you will need to know in order to reach your goals.
Put into Action: *Make a list of resources you can use to find new information about your goal.*
- **Identify People to Assist You** - We often need others to help us get what we want. And we should give back the process to others; help others get what they need and want. Don't be ashamed to admit you need help achieving your goal. Surround yourself with people that have a positive impact on your life. Get rid of those who don't.
Put into Action: *Create and maintain a list of people that impact your life positively. Make sure to thank them for it.*
- **Devise a Plan** - Put down, on paper, and in detail, how you are going to achieve your goal. Put down the activities you will need to get involved in so that you reach your goal. Most people do not have a detailed plan, they just wander from thought to thought, day to day.
Put into Action: *Develop a detailed plan to get to where you want to be!*
- **Create a Mental Image** - Imagine your goal already attained. Create a crystal clear picture of yourself enjoying your goal. The more you think about enjoying your goal, the more your subconscious begins to work and move you closer to accomplishing your goal.
Put into Action: *Create a "Dream Board" containing pictures of your goals and put it in a place you see daily.*
- **Resolve Never To Give Up** - Finally, decide to never, ever quit. You must determine the price you have to pay to achieve your dreams and goals, and then decide to pay that price. Be persistent and determined to reach that finish line. You will be a much stronger person for it in the end.
Put into Action: *Repeat to yourself multiple times everyday: I AM UNSTOPPABLE!*
- **Take Action** - All the preparation and equipment in the world mean nothing unless you use it all and put it into action.
Put into Action: *Determine and write down the next 3 times you will take action towards you goal.*