

## **Short Pencil is Greater than a Long Memory**

- Discuss the importance of writing down goals
- Goals you set are goals you get
- Make your goals specific and easy to measure. No measurement? No progress.

## **Print out the PDF below and answer these questions**

- What is my goal level to play next year?
- What is the role I will play on this team? / Be specific. / Are you a powerplay quarterback, first-line center, shut down defenceman?
- Who are your biggest competitors on this team / and in this role? / What did you do today to separate yourself from them?
- Think of and visualize your best game from last season. Could be one where you scored a hattrick / Could be one where you shut down the other team's top player(s) / What were the differences in how you prepared, ate, hydrated, and thought during the game? / Try to find patterns of peak performance and write them down. / Be as specific and detailed as possible.
- What will I do tomorrow to get me closer to playing in my ideal role and ideal team for next year?