

BEAUMONT COUGARS TEAM & PERSONAL GOAL SETTING WORKSHEET

WHY GOAL SETTING?

- You Control Your Destiny (it serves as a road map)
- Allows you to concentrate & helps motivate
- Allows you to identify your current strengths & weaknesses

KEEP IN MIND S.M.A.R.T. PRINCIPLES:

In order to have a chance to be successful in reaching your goals they must be:

S – Specific **M** – Measureable **A** – Achievable **R** – Results Focused **T** – Time Bound

Part 1 TEAM GOALS

OUTCOME GOALS	PERFORMANCE GOALS	PROCESS GOALS
1. BEAT CITRUS HILL		
2. WIN 1 ST LEAGUE GAME		
3. WIN LEAGUE		
4. PLAY ON Thanksgiving		
5. WIN CIF/WIN STATE		

Part 2 INDIVIDUAL GOALS

ATHLETIC GOALS

OUTCOME GOALS	PERFORMANCE GOALS	PROCESS GOALS
1.		
2.		
3.		

STRENGTH TRAINING GOALS BY AUG 2015

	GOAL	PROCESS GOALS
BENCH		
POWER CLEAN		
SQUAT		
40		
PRO AGILITY		
VERTICAL		
BODYWEIGHT		

ACADEMIC GOALS

	GOAL	PROCESS GOALS
2 ND Semester 2014		
1 ST Semester 2014/15		
S.A.T		
CAREER		

Player's Signature _____

Date _____