

SMART Goal-setting for Athletes

This version of SMART goal-setting is not like the traditional templates you've seen. Here we take your reflection a step further by guiding you with prompts to not only think about your dream goal, but to reflect on how to stay motivated, supported, and excited to work toward your goals.

My dream goal is:



Who is in my support network, and what type of support do I want more of?



Why is this goal meaningful to me, and how will I stay motivated through challenges?



What steps can I take in the next month to stay excited, and move closer to my goals?



What are potential roadblocks I will face, and how will I overcome them?



What can I practice during training sessions this week to get closer to my goals?

