



LIFE GOALS

What do you want to achieve in your life?

What will be some major process-goals (the stairs on the staircase) that will get you to your desired life outcome (top of the stair case)?

What could get in your way of you achieving your life goals (drugs, poor grades, relationships...)

What will help you best reach your life goals (i.e. hard work, good grades, drug free, responsibility)?

Who will be your support system along the way (i.e. family, friends, coaches)?

What goal setting strategies can you use from your sport to help you in setting life goals?

What character traits from sport have you learned that will help you achieve your life goals?