

what is a goal?

the object of your ambition or effort; an aim or desired result.

/gōl/ noun

GOALS

↳ LEARN

why do we set goals?

- to **inspire** our long-term vision
- to **fuel** our short-term motivation
- to **focus** our learning pathways
- to **organize** our time, effort and resources
- to **help** us grow

different types of goals:

- lifetime  like a bucket list
- long-term  3+ months – years
- short-term  between 2–8 weeks
- stepping stone  think of a crescendo

S.M.A.R.T.

- Specific** run 2 miles
- Measurable** run 2 mi at practice
- Achievable** run 2 mi in 20 minutes
- Relevant** run 2 mi with my team at practice
- Time-bound** run 2 mi for opening day of prax in 1 month

ways to improve or frame your goal

work to positive outcome

approach

journal everyday this month for 10 days in a row

vs.

work to avoid negative outcome

avoidance

limit my time on my phone because I'm not getting my work done.

want to / have to

I want to memorize all the lyrics to 10 songs

things you want to do

things you have to do

I have to memorize those facts for the test next week.

anatomy of a goal



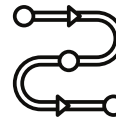
a thing you want with a desired result in mind



a really good reason to work for it



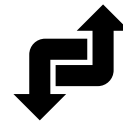
a thoughtful plan



a process to manage obstacles, fear, setbacks



a team/ support system



a hinge point to adjust and incorporate feedback



a validation/ acknowledgement/ celebration to mark the journey



watch out for goals that

- create unnecessary stress + pressure
- provoke a sense of failure (vs. excited challenge)
- distract you from important priorities
- lead you to results-focus rather than progress-focus



goal
specific goal
challenging goal



no goal
broad goal
easy goal

objective:
practice setting
an individual goal.

GOAL SETTING

 PRACTICE

1 MAKE LISTS

what do you want?

| | | |
|-------|------------|-------|
| _____ | right now | _____ |
| _____ | next week | _____ |
| _____ | this month | _____ |
| _____ | this year | _____ |
| _____ | in 5 years | _____ |

what are you
supposed to want?

what do you want to do?

what do you have to do?

pick one idea that
lights you up and
makes you scared



this is your "goal"

2 GET SPECIFIC

what do
you want?

why do you
want it?

how will
you do it?

when do
you want
to get it?

get curious

what scares
you about
it?



what is it IN
you that
makes you
ready to go
after this?



what do
you get out
of the
pursuit?



what do
you give up
in going
after this?



how will you
need help?



3 NAME YOUR TEAM

who shows up for you?

who do you trust?

who is a resource?

name, relationship, valued skill

name, relationship, valued skill

name, relationship, valued skill

YOUR GOAL

GOAL MAPPING

GET MORE BRAVE



MAKE IT MORE SPECIFIC

who's goal is this?

YOUR NAME

G **GOAL**

BREAK IT DOWN

Organize pursuit into 3 actionable steps.

STEP 1

STEP 2

STEP 3

O **OBSTACLE**

WHAT IS IN THE WAY?

WHEN ...

WHEN ...

WHEN ...

S **SOLUTION**

MAKE A "WHEN-THEN" PLAN.

then ...

then ...

then ...

S **SELF-TALK**

CREATE A SPIRIT STATEMENT.

“ ”

“ ”

“ ”

I **INTENT**

QUICK CHECK.

YES

NO

YES

NO

YES

NO

HONESTY WITH SELF: Are you really going to do this step? Answer for each step.

P **PURPOSE**

WHAT IS YOUR WHY?

STEP 1

STEP 2

STEP 3

HOW LONG IS THIS CHASE?

ONE THING YOU GOTTA BE TO STAY ON THE CHASE?

GOAL CHASING



GET
MORE
BRAVE

7-LINE BRAVE PITCH

Your BRAVE PITCH is like your internal mantra as you pursue your BRAVE GOAL.

The more you gather the pieces of you that will help toward your goal, the more determined you will be to stay in the chase for it.

YOUR GOAL

MAKE IT SPECIFIC! KNOW YOUR WHY!

PAST

| | | |
|---|---------------|-------|
| [| LINE 1 | _____ |
| | FIRST LAST. | _____ |
| | LINE 2 | _____ |
| | YEAR. | _____ |
| | LINE 3 | _____ |
| | PLACE. | _____ |

PRESENT

| | | |
|---|-----------------|-------|
| [| LINE 4 | _____ |
| | I AM STATEMENT. | _____ |
| | LINE 5 | _____ |
| | I AM STATEMENT. | _____ |
| | LINE 6 | _____ |
| | I AM STATEMENT. | _____ |

FUTURE

LINE 7
BE WORD.



WHAT **PART OF YOURSELF** TO YOU HAVE TO BRING TO THIS EFFORT TO STAY ON THE CHASE? **WHAT DO YOU HAVE TO BE?**

YOUR GOAL