

GEO Athletics Goal Setting

Name: _____

Guidelines for goal setting: 2020-21

1. Make your goals clear, realistic, and attainable.
2. Use specific and quantitative language. The best goals are measurable.
3. Choose goals you can plan to achieve.
4. Choose between 3 to 5 goals.

1. **ACADEMIC GOALS:**

- 1.
- 2.
- 3.

2. **ATHLETIC TEAM GOALS:**

- 1.
- 2.
- 3.

3. **ATHLETIC INDIVIDUAL GOALS:**

- 1.
- 2.
- 3.

4. **PERSONAL AND/OR CAREER GOALS:**

- 1.
- 2.
- 3.