

ESPERANZA CROSS COUNTRY GOALS SHEET

NAME: _____

GUIDLEINES FOR GOAL SETTING:

1. You must be realistic in setting goals.
2. You **MUST BELIEVE** in the goals you have set.
3. You must be dependable and dedicated to your goals.
4. You must be disciplined and consistent in the pursuit of your goals.
5. You must be prepared to re-adjust your goals.
6. You must realize reaching goals takes time and **HARD WORK**.
7. You must be extremely specific in describing what goals you will achieve. **EXAMPLE:** "I run 16:59 at the Irvine Park" or "I want to be All-Century League"
8. Missed Practices: _____ - Consequences: _____
9. You must include at least one life goal and one academic goal along with your athletic goals.
10. You must have a specific plan to achieve your goals (a training log).

REMEMBER: "Most of our satisfaction in life comes from pursuing a goal"

GOALS

1. **Team:** _____

2. **Academic:** _____

3. _____

4. _____

5. _____

Thought provoking questions from the book, The Pursuit of Excellence:

In life's final evaluation, which should be our daily evaluation, these questions will be asked:

1. Did you make the most of your talents?
2. Did you work toward developing your potential?
3. Did you choose excellence or did you coast?
4. Did you rise above the commonplace, or did you survive on mediocrity?

I promise to work hard Signature: _____