

The Mental Game Clinic presents

# THE GOAL SETTING CHECKLIST

"The best way to predict your future is to create it." Abraham Lincoln

## DOES YOUR GOAL PUSH YOU OUT OF YOUR COMFORT ZONE?

A goal needs to feel challenging to be effective. It's okay if it is a little out of reach. But, it should not feel completely impossible..



## DOES YOUR GOAL HAVE A DEADLINE?

How are you going to track your goal? Having a clear deadline creates a sense of urgency and encourages you to put in the work in to reach your goal.

## DID YOU BREAK YOUR GOAL DOWN INTO ACTIONABLE STEPS?

Know the steps. Setting daily goals and short term goals will give you a clear path to reaching your long term goal.



## DID YOU USE POSITIVE WORDING?

The language you use is important. Try using positive words that describe what you want to do. You might say "I will be more confident and focused" rather than "don't hesitate before taking the shot".

## DID YOU WRITE YOUR GOAL DOWN?

Sounds simple, right? Just the act of writing your goals down increases your chances of success. Bonus tip: Put them up in a highly visible spot. This is a great motivator and reminder.

