

Weekly Goal/Success Plan

In the long run man hits only what he aims for. Henry David Thoreau

My Vision of Week Ahead (What I will Accomplish and Experience)

Training /Performance Goals – What I Will Do to Bring this About:

(State how many times you will do each goal using a Bracket , ie. __ to __ X's)

- 1.
- 2.
- 3.
- 4.

Mental Fitness Goals – What I Will Do to Bring this About:

(State how many times you will do each goal using a Bracket , ie. __ to __ X's)

- 1.
- 2.
- 3.
- 4.

Course Work Goals – What I Will Do to Bring this About:

(State how many times you will do each goal using a Bracket , ie. __ to __ X's)

- 1.
- 2.
- 3.

4.

Recreational/Fun Goals – What I Will Do to Bring this About:

(State how many times you will do each goal using a Bracket , ie. __ to __ X's)

1.

2.

3.

4.

Low

High

Goal for Overall Performance Rating -

0 1 2 3 4 5 6 7 8 9 10

Goal for Level of Satisfaction/Happiness – 0 1 2 3 4 5 6 7 8 9 10