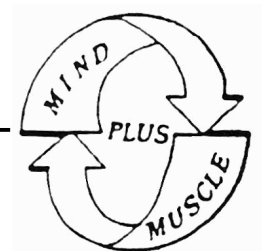


MIND PLUS MUSCLE

INSTITUTE FOR APPLIED SPORT PSYCHOLOGY



JOHN J. BOWMAN, Ph.D.
Director

Goal Setting Worksheet

Goal Statement

Describe ***what*** you want to achieve in terms of behaviors that you can observe and **measure**.

Describe ***how well*** you want to do and set a **specific *time*** to accomplish it.

I will _____

How well _____

By when _____

Obstacles

Think of what is keeping you **from** achieving your **goal**. Consider both physical (**It's** not looking at my target) and mental factors (I can't seem to concentrate).

Write down at least one physical and one mental obstacle that is preventing you from performing at the level you seek to achieve.

1. _____
2. _____
3. _____

Positive Action Plan

Describe a positive thought, self-statement, or behavior that will help you overcome each of your obstacles.

1. _____
2. _____
3. _____