



Going From Good to Great Using Personal Strategic Planning & Visualization

In this section, you will create a three month vision for yourself as an athlete by setting goals in seven categories. Do not worry if you see any overlap. Just complete this handout until it's done.

Fitness & Conditioning

Give yourself a rating in this area from 1 to 10.

How you want to enhance your strength?

How you want to enhance your flexibility?

How you want to enhance your aerobic and anaerobic capacity?

How you want to enhance your speed?

How you want to enhance your agility?

How you want to enhance your endurance?

Technical Skills

Note: technical skills refer to individual skills such as your forehand, golf swing, etc.

Give yourself a rating in this area from 1 to 10.

Which technical skills do you want to improve?

What technical skills do you want to learn?

Describe your current technical weakness. How will you eliminate them?

What technical coaching do you need?

What rating can you bring yourself up to over the next 6 months?

Strategy

Give yourself a rating in this area from 1 to 10.

What elements of your sport strategy need improving?

What do you want to learn about strategy?

What rating can you bring yourself up to over the next 6 months?

Nutrition

Give yourself a rating in this area from 1 to 10.

How much do you weigh?

How many hours of sleep per night do you get?

How often do you exercise each week and for how long?

How much do you eat?

How nutritious is your diet? What changes do you need to make?

How much alcohol do you consume daily or weekly?

What time do you go to bed at night and get up?

What rating can you bring yourself up to over the next 6 months?

Relationships

Give yourself a rating in this area from 1 to 10.
What are the top 5 relationship in your life?
What makes you feel most loved? (Quality time/listening, acts of service, physical intimacy, verbal expression, shared activities)
How can you bring more love into your life?
How many social visits with friends do you want each week?
How could you be a better friend, spouse, or parent?
What rating can you bring yourself up to over the next 6 months?

Mental Toughness

Give yourself a rating in this area from 1 to 10.
How many times per week (and when) would you like to journal and visualize?
What is the next belief you wish to transform?
What mental toughness skills do you wish to perfect?
What personal trait, characteristic, or value would you like to develop?
What rating can you bring yourself up to over the next 6 months?

Based on these questions, rank your top 10 goals from most important to least important:

Now write down your #1 goal over the next three months:
