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### Improving your Goal Setting Techniques

Choose one of the **baseball** goals that you listed two pages previous. Rewrite the goal below:

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Rephrase this goal to be positive:

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Rewrite this goal to be more specific:

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Describe how you will measure this goal:

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List 3 actions that you will need to take in order to reach this goal:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Decide whether this goal is realistic:            Yes            No

Record the timeframe in which you will achieve this goal:

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Why is this specific goal important to you?

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What will you gain by reaching this goal?

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Potential setback:

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Action plan to counter:

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**To be more successful, use this process for every goal that you set!**



Choose one of the **academic** goals that you listed two pages previous. Rewrite the goal below:

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Rephrase this goal to be positive:

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Rewrite this goal to be more specific:

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Describe how you will measure this goal:

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List 3 actions that you will need to take in order to reach this goal:

1. 

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2. 

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3. 

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Decide whether this goal is realistic:            Yes            No

Record the timeframe in which you will achieve this goal:

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Why is this specific goal important to you?

What will you gain by reaching this goal?

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Potential setback:

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Action plan to counter:

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**To be more successful, use this process for every goal that you set!**