

Goal Sheet

What are your long-term goals for your swimming and/or how does swimming fit into some of your other long-term goals? Try and be specific and clarify what your aspirations are specifically in swimming and/or how swimming compliments other specific goals that you have.

Feel free to expand and add more to your list and/or write more on another page if need be.

1)

2)

3)

In your process of achieving your long-term goals what are some of the goals you think you will need to achieve over the intermediate time frame in the next 6 months to two years that will demonstrate you are progressing towards your ultimate goals.

1)

2)

3)

What are your goals over the course of this coming or current season? Again, be specific by setting up challenging yet realistic goals for you to consider over the course of the season that will demonstrate that your commitment and hard work are paying off.

1)

2)

3)

List all the items that you are currently working on in your practices that you are currently thinking about in practice or need to think about more in practice to help you improve your technique, skills, practice efforts and/or improve the practice environment. Star those items you think you have already been keeping yourself accountable on.

What have you learned in designing your goals from either your reading or conversations with others that you think might be important to add into your plan?

List all the things you think you can monitor/do to help your swimming progress and that you can account for on a regular basis.

Do you think this process can help you in other aspects of your life?