

GLOUCESTER CONCORDES SPEED SKATING CLUB

NAME: _____

Short-term goals might include mastering a certain skill, doing quality work, getting adequate rest, or going to a specific competition - today, by the end of the week, by the end of the month. Your short-term goals can help you improve not only physically, but mentally; thus it's important to set goals for focusing, mental imagery, relaxation, positive thinking, distraction control, and drawing out lessons from your experiences.

If you can write down your goals in concrete terms you have a greater chance of accomplishing your objectives. It is important that you set your own goals, rather than having someone else set them for you. When you make the decision, it increases your commitment to that goal.

MY GOAL FOR OCTOBER IS:

You know better than anyone else what you have done and what you want to do. You also know better than others what will help you and what you need at a particular moment.

No one else is exactly like you. If you are to become your best, you and those around you must respect your unique qualities and your differences. It is often those differences that lead to greatness.

I AM GOOD AT THESE 3 SKILLS:

I WOULD LIKE TO IMPROVE THESE 3 SKILLS:
