

GOALS FOR 2018

IDENTIFY YOUR GOAL

What do you want to achieve this year?

>>>List 5 things

- 1
- 2
- 3
- 4
- 5

Are any of these goals things you think you SHOULD be doing?

>>> Cross them out.

Which of those five things is most important/meaningful to you?

>>>Circle it.

ASSESSMENT

What is it that motivates you to make this goal happen?

- 1
- 2
- 3

How far from achieving this goal are you right now?

Eg 5 min off a PB or longest run you've done.

Realistically, how long will it take to achieve your goal?

LOOKING BACK

If you've tried to make this goal happen before, what has held you back?

What do you need to do differently?

- 1
- 2
- 3
- 4
- 5

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LOOKING FORWARDS

What steps do you need to take to make this happen?

(‘Training’ is not a good enough answer - what specifically do you need to do?
What help/support do you need?)

- 1
- 2
- 3
- 4
- 5

Look at your calendar for the year ahead. What might interrupt your progress towards your goal? And how might you work round this?

Interruption

Solution

- 1
- 2
- 3

-
-
-

What 5 things are you willing to sacrifice to make your goal happen?

- 1
- 2
- 3
- 4
- 5

COMMIT

Write your goal down again starting your sentence “This year, I will...”

Now look at the list of things you need to do to work towards your goal, and start making them happen.