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## Expanding Goals as an Athlete

This exercise involves assessing and redefining your goals, perceptions of success, and the concepts of achievement and winning. It encourages you to explore what brings you joy and fulfillment beyond mere victories. By broadening your understanding of success, you can cultivate a more balanced and enriching athletic experience that values personal growth, effort, and the enjoyment of the sport.

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### Step 1: Exploring Current Definitions

- **Define Success:** Reflect on what it means to you to be successful. What criteria do you use to evaluate success in your athletic pursuits?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
- **Source of Definitions:** Consider where these definitions originated. Did they come from your parents, professional athletes, teachers, friends, or other influences?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
- **Reflect on Feelings:** Assess how these definitions make you feel. Do they inspire you, create pressure, or evoke other emotions?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
- **Impact of Performance:** Think about what happens when your performance doesn't meet these definitions. How do you respond emotionally or mentally in those situations?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

- **Desired Emotions:** Identify how you want to feel when you perform well or not. What emotions do you wish to experience in both scenarios?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  
- **Redefining Success:** Explore how you can redefine success in a way that aligns with your personal beliefs, thoughts, feelings, and preferences. Aim to create a definition that encompasses a variety of ways to experience and feel successful.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

## **Step 2: Brainstorming New Outcomes**

Utilize the categories below to brainstorm detailed, specific, and unique outcomes that can arise within each area. Consider how these outcomes can reflect your redefined definitions of success. As you brainstorm, aim for creativity and specificity, thinking about how each outcome can contribute to a more fulfilling and well-rounded athletic experience.

Expanding your perspective beyond just yourself and your sport can be beneficial. Consider outcomes that are general and applicable to athletes across various disciplines. Additionally, take into account both short-term and long-term goals as you develop your ideas.

- A. **Personal Growth:** Outcomes related to skill development, resilience, and mindset shifts.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  
- B. **Team Dynamics:** Outcomes that foster collaboration, support, and communication within your team.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  
- C. **Emotional Well-being:** Outcomes that enhance your mental health, self-esteem, and overall happiness.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

D. **Enjoyment of the Sport:** Outcomes that emphasize the joy and passion you feel while participating in your sport.

- 1.
- 2.
- 3.
- 4.
- 5.

E. **Community Involvement:** Outcomes that highlight connections with fans, mentors, and your local community.

- 1.
- 2.
- 3.
- 4.
- 5.

### Step 3: Organizing Your Goals

Reflect on your responses and personalize them to align with your specific sport. Create a comprehensive list of goals, categorizing them into short-term and long-term objectives. For each goal, outline the necessary steps or objectives you need to achieve to maximize your chances of attaining these goals.

A. **Short Term Goals:**

1. Daily Goals:

i. Goal:

Objectives/Steps:

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ii. Goal:

Objectives/Steps:

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iii. Goal:

Objectives/Steps:

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iv. Goal:

Objectives/Steps:

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2. Weekly Goals:

i. Goal:

Objectives/Steps:

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ii. Goal:

Objectives/Steps:

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iii. Goal:

Objectives/Steps:

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iv. Goal:

Objectives/Steps:

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B. Long Term Goals:

3. Monthly Goals:

i. Goal:

Objectives/Steps:

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ii. Goal:

Objectives/Steps:

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iii. Goal:

Objectives/Steps:

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iv. Goal:

Objectives/Steps:

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4. Yearly Goals:

i. Goal:

Objectives/Steps:

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ii. Goal:

Objectives/Steps:

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iii. Goal:

Objectives/Steps:

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iv. Goal:

Objectives/Steps:

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