



GO FOR THE GOALS

A WORKSHEET

Learning to set goals is one of the most powerful skills you can develop to maximize your potential. However, it takes thought and effort to get in the zone. At SPINW we believe it takes the 4 core areas of your life, the physical, emotional, mental, and spiritual, working together to define and achieve goals. To help you in this process, follow the three steps below.

Step One: Gather the Facts

Step Two: Target the Four Core Areas

Step Three: Set Fluid Goals

GATHER THE FACTS

The following are suggestions to get you thinking about how your habits may be interfering in each of the 4 core areas of your life.

PHYSICAL CAPACITY: Where are your habits compromising your physical energy?

- Exercise
- Sleep
- Diet
- Hydration
- Alcohol
- Smoking
- Rest

EMOTIONAL CAPACITY: Where are your habits compromising your emotional energy?

- Family
- Friendship
- Response to Adversity
- Relationships with Colleagues
- Emotional Recovery

MENTAL CAPACITY: Where are your habits compromising your mental energy?

- Mental Preparation
- Self-Talk
- Attitude
- Time Management
- Seeking Challenges
- Achieving Mental Recovery

SPIRITUAL CAPACITY: Where are your habits compromising your spiritual energy?

- Time for Reflection
- Connecting to Values
- Service to Others
- Connecting to Mission
- Focus on Self vs. Focus on Others

TARGET THE FOUR CORE AREAS

Once you have identified an area or areas for improvement, choose a target goal. The list below contains some ideas to stimulate your thinking.

PHYSICAL ENERGY STRATEGIES - CONSIDER A PHYSICAL TARGET IN WHICH YOU WANT TO EXPERIENCE GROWTH. HERE ARE SOME SUGGESTIONS.

1. Go to bed early and wake up early.
2. Go to sleep and wake up consistently at the same time.
3. Eat 5 to 6 small meals daily.
4. Eat breakfast everyday.
5. Eat a balanced, healthy diet.
6. Minimize simple sugars.
7. Drink at least 64 ounces of water daily.
8. Take breaks every 90 minutes.
9. Get some physical activity daily.
10. Do at least two cardiovascular interval workouts and two strength-training workouts a week.

EMOTIONAL TARGETS – CONSIDER AN EMOTIONAL TARGET IN WHICH YOU WANT TO EXPERIENCE GROWTH. HERE ARE SOME SUGGESTIONS.

1. Confidence
2. Empathy
3. Self-Control
4. Patience
5. Enjoyment
6. Challenge

MENTAL TARGETS - THINK ABOUT A MENTAL TARGET IN WHICH YOU WANT TO EXPERIENCE GROWTH. HERE ARE SOME SUGGESTIONS

1. Focus
2. Visualization
3. Realistic Thinking
4. Creativity
5. Time Management
6. Positive thinking

SPIRITUAL TARGETED - THINK ABOUT AND SPIRITUAL TARGET IN WHICH YOU WANT TO EXPERIENCE GROWTH. HERE ARE SOME SUGGESTIONS

1. Character
2. Courage
3. Honesty
4. Integrity
5. Passion
6. Commitment

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ACTION PLAN

Now that you have been thinking about your targets in the four core areas, its time build an action plan. This worksheet is designed to encourage you to identify your long-term, intermediate, and short-term goals towards meeting your goals in the four core areas. After you've completed the worksheet, keep it nearby to review on a regular basis and keep it fresh in your mind. Each month go back through your goals to re-evaluate whether they are appropriate or need to be modified.

1. Dream Goal (Long-term) – What is your long-term dream goal? What is possible in the long term if you stretch all your limits?

2. Dream Goal (this year) – what is your dream goal for this year? What is possible if all your limits are stretched this year?

3. Realistic Performance Goals (this year) – What do you feel is a realistic performance goal that you can achieve this year (based on your present skill level, your potential for improvement, and your current motivation)?

4. Short-Term Goal (30 days) – What do you need to do to move towards this year's Performance Goal? This is the process of how you will achieve the performance goals above. Use the acronym SMART (Specific-Measurable-Achievable-Realistic-Timebound) to guide you here. For example:

- a. Physical: To eat 5 to 6 small meals daily.
- b. Emotional: To identify one action that I enjoyed each day.

- c. Mental: To practice positive self-talk 5 minutes a day, 3 times a week.
- d. Spiritual: To review my goals and values at least once a month.

5. Mini-Goal – Set a personal goal for each day's practice. Write down one thing you would like to do, accomplish, or approach with a special focus or intensity. Break the short-term goals into smaller chunks by developing 2 to 4 steps you can take that will help you reach these short-term goals. Mini-goals should be workable on a daily basis, in practice sessions on your own.

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