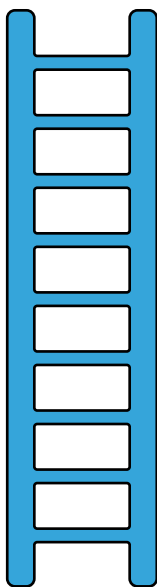


2.

GOALS



Every athlete needs a goal. A goal gives you (and not just as an athlete) a destination, a reason, a purpose. But your goal must be your own. You can't be expected to be inspired by a goal that someone else has set for you.

What's your goal?

Think about what you want. What would you really like to accomplish? Make this your own. This is your decision. Your goal. You are doing the work.

What is your goal for your sport?

What is your goal for outside the sport?

It is important to remember that you are more than just an athlete. You have a whole life outside of the sport, and it's good to have interests besides your sport.

**“REACHING THE GOAL IS NOT
SUCCESS; SUCCESS IS MOVING
TOWARD THE GOAL, AND
EXPERIENCING GROWTH.”**

—BOB PROCTOR

