

Setting Goals

1. **Dream of something you wish to accomplish**

This can be anything. Anything you wish you could achieve. This is your goal that you will be working towards, not the expectations of anyone else. This is personal. It's your goal. However, it should be set high.

2. **Write it down**

This must be stated as something you **will** do, not something you **want** to do.

Some examples are:

"I am going to earn a medal at this year's State Wrestling meet"

"I am going to Qualify for the State Wrestling Tournament this season"

"I am going to be in the Championship Finals of every tournament"

"I am going to pin every single opponent"

"I am going to win 45 matches this season"

"I am going to earn a winning record this season"

"I am going to go the distance in every single match this season"

3. **Tell others**

This helps to make you accountable for your efforts to achieve your goal. It may be embarrassing to talk about your goal because of its personal nature. It may make you uncomfortable to state your goal and what you dream of achieving publicly, especially if it's not as high as the goals others have set for themselves. But, your goal can be realistic for your skills and experiences – That is perfect, but it should still be high and not too easy to accomplish. Others can help keep you stay focused on your goal. It may also be necessary for them to hear about your goal so that they can understand why you are doing the things you are, or why you are not doing certain things that may take away from your work. Some goals do not have to be shared with others.

4. **Document what you will do in order to accomplish your goal**

Some examples are:

"I will work through the Cycle Drill 3 times at the end of each practice"

"I will run 5 miles every morning"

"I will always be positive because I know that I am going to achieve my goal. Through and through I know that I will. It is my purpose. This is what I was supposed to do. Nothing, and no one, can stop me from achieving my goal"

5. **Continue to work towards your goal**

Believe it.

Stay focused on your goal. Do not compromise or shortcut anything. Truly believe what you are doing will get you to where you want to be. There may be setbacks, but stay focused and laser-like in your pursuit.

"If my mind can conceive it, and my heart can believe it – then I can achieve it."

- Muhammad Ali

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.

- Muhammad Ali