

Turning your dreams into goals

Goals are the stepping stones to success!

THIS IS MY DREAM!

Sport:
Life Ambition:

Where I am now!
Date: _____

Sport:
Studies:
Personal:

What are some immediate short-term goals?
What do I aim to achieve over the next few months?

Sport:
Studies:
Personal:

What are some intermediate goals?
What do I hope to achieve by the end of this year / next year?

What is my long-term goal?
What do I dream of achieving?