



TEEN EDGE ROADMAP TO SUCCESS

THIS IS LIFE: UNLOCK YOURSELF

Teen Name: _____

I agree to follow through on my goals and action items to the best of my ability.

Signature

Date

What do you love to do? What makes you happy?

List 2 or 3 short term goals. Goals that you can smash within the next 60-90 days. This is NOT a SMART GOAL: I want to be a better tennis player. THIS IS A GOOD EXAMPLE: I want to win a Level 6 Junior tennis tournament by September 1, 2020 because I want to keep improving at a pace that will get me a spot in the high school varsity tennis team.

List one big long term SMART goal?

What are some small things you can do to help reach your goal over time? What skills do you need to improve in order to reach your goal? (The Compound Effect)



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What does success look like for you? How would it make you feel if you succeeded?

What are your strengths that will help you reach your goals?

What potential obstacles do you think you might run into? What could stop you from reaching your goals?

What will you need to either stop doing or reduce time doing?

What are some things you will start doing to reach your short term and long term goals?



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<p>Example: Schedule time to talk with my coach about recommendations on how I can improve.</p>	<p>X</p>	