



Athlete Goals

Here are some goals to set that will help you to become a better athlete and more productive.

1. How many laps did I accomplish today? _____

2. How many reps do I want to accomplish today? _____

3. Once I become successful, how would I help my community?

4. Once I become successful what good examples I will demonstrate for the next generation?

5. What resources I will bring to my community that we currently do not have?

6. How would I balance fun and work?

7. What will be my main priorities after becoming a successful athlete?

8. After becoming successful, I am going to forget where I come from? (Circle your answer)

YES or NO