



# 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**