JEREMY C. HOLM

Life is a story. Write a good one!

SETTING OLYMPIC-QUALITY GOALS

MY DREAM:

What is my goal? _____

Is it one-time, daily, weekly, monthly, year-long? _____

Why is this objective important to me? _____

_____

How will this goal help me? _____

_____

Does this goal match my internal values? _____

GAME PLAN:

What am I going to do *specifically* to achieve this goal? _____

_____

When am I going to do it? _____

Where can I go for additional resources if needed? _____

_____

Who can help me obtain this goal? _____

On a scale of 1-10, how badly do I want this goal? _____

Am I willing to commit 100% to its achievement? _____

What obstacles may I potentially face? _____

What excuses may I be tempted to make? _____

THERE IS ALWAYS HOPE

JEREMY'S BOOKS

The Champion's Way: 12 Winning Principles for a Gold-Medal Life
Utilizing lessons learned from training for the Olympic Games, Jeremy provides a strategy for victory in every aspect of life.

Fire on Ice: Gospel Lessons Learned from a Lifetime of Sports
Part autobiography, part Christian non-fiction, 100% inspirational. *Fire on Ice* will leave you fired up to live life to the fullest as you journey into the world's most exciting winter sport.

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