

NAME:

DATE:



Process Goal: Ex) My goal is to do 10 min of ball handling 4 days/week using the ball handling progression video. I will check in every 2 weeks to note my level (1, 2, 3, or 4). Ex) My goal is to make 20 layups 4 days/week. I will checkin every 2 weeks to note how many I can make in a row (up to 20 from both sides). Ex) My goal is to play 5 games of 1 v 1 to 7 points with a friend/sibling 2 days/week. I will check-in every 2 weeks to describe how I'm improving.

PROCESS GOALS:

HABIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Check-in
Ex) 10 min. of ball handling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ex) Make 20 layups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ex) Play 1 v 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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Success is not the result of spontaneous combustion. You must set yourself on fire! - Reggie Leach

What am I grateful for today?

What am I doing to inspire myself?

How are others helping me?

Who am I becoming?