

GOAL SETTING WORKSHEET

Inspired by Craig 'The Rhino' Smith & his basketball journey

Why Set Goals?

Setting goals gives you direction, focus, and motivation. Whether you're on the court or in class, having goals helps you track your growth and push past obstacles. Craig 'The Rhino' Smith made it from LA to the NBA by setting clear goals, staying committed, and believing in himself. Now it's your turn to aim high.

Let's Get to Work

What's one big dream or goal you have?

What's one small step you can take today to work toward that goal?

What will you do when things get tough or feel impossible?

Who's someone you admire that has reached a goal, and what can you learn from them?

How will it feel once you reach your goal? Describe that moment.
