

# CBST Goals Sheet

Season (indicate long-course or short course and year): \_\_\_\_\_

Without goals an athlete has no direction or even a simple motivation to attend every training session and give 100% effort.

My long term goals:

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My short term goals for the coming season:

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This is how I plan on attaining these goals:

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Character Goals:

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Event	Time

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

\*Make 2 copies, one for me, the other for you to keep. I want you to hang it in a prominent place in your house (your bedroom wall next to your bed, the refrigerator, on your door...), some where you will see it every day!