

Goal Achievement Worksheet

Use this Goal Achievement Worksheet to develop and achieve your goal:

- Choose a specific goal you want to achieve and then -
- Develop your Worksheet
- Read it 3x daily for 4 weeks.
- Read it slowly so that it seeps into your subconscious

Follow the format of the following fictional Goal Achievement Worksheet to development your own Worksheet. The fictional worksheet is written by a fictional basketball player who wants to improve his foul shooting. He shoots well (65%) under pressure but struggles with foul shooting, averaging only 30%.

1. Set a date a month from today. In one sentence, describe the goal you have achieved, e.g.,
It's February 27. I am the best foul shooter on the team.

2. Describe in detail, using all 5 senses, what it will be like when you achieve your goal, e.g.,

- I see my coach smiling confidently as I approach the foul line.
- I hear our fans cheering as they anticipate I'll make the shot.
- I feel confident, comfortable, exhilarated.
- I feel my team-mates confidently patting me on the back as I step up to the foul line.
- I see people on the other team looking worried because they know I'll make the shot.

3. Repeat the first affirmation:

It's February 27. I am the best foul shooter on the team.

4. List 5 – 8 things you will do to achieve your goal, e.g.,

To achieve my goal, I:

- Practice foul shooting on a quiet court 1 hour / day
- Practice foul shooting 30 minutes every day in front of a watching crowd
- Review videos of my successful shots 15 minutes every day
- Every day, write down how I feel about the shots I made
- Check with my coach every day about he notices about what I'm doing right

5. Repeat the first affirmation:

It's February 27. I am the best foul shooter on the team.

Note: This Goal-Setting tool comes from Lanny Bassham's excellent, brief book, *With Winning In Mind*. Buy it and read it if you want to improve your efforts to clarify, develop and achieve your own goals https://www.amazon.com/Winning-Mind-3rd-Edition/dp/1934324264/ref=sr_1_2?crd=OHONZDTMJAL&dchild=1&keywords=with+winning+in+mind+lanny+bassham&qid=1609852437&srefix=with+winn%2Caps%2C155&sr=8-2