

WORKSHEET

GOAL SETTING



WHAT CAN I DO? Here is a suggested plan to assist you with reaching your goals. Fremantle Dockers' players have provided some of their own goals to help you on your way. Write yours in below theirs.

TYPE OF GOAL	GOAL (BE SPECIFIC)	BE PROACTIVE	BE ORGANISED	BE POSITIVE	MAKE A DATE
Educational	Pass my university exam	Study the course content	Create a study timetable, arrange a study buddy	Gain knowledge and improve self-esteem	1 July - revise class notes 15 July - do a practice exam 30 July - actual exam
Healthy Lifestyle	Be selected for the first game of the season	Improve skill level	Practice goal kicking Seek help from assistant coach	Improved confidence and ability	February - get selected for pre-season games 26 March - get selected for Round 1

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GOAL SETTING CONTINUED

TYPE OF GOAL	GOAL (BE SPECIFIC)	BE PROACTIVE	BE ORGANISED	BE POSITIVE	MAKE A DATE
Family	Strengthen relationship with my sister	Talk to each other more	Call her twice a week and meet up once a week	Closer relationship	Ongoing
Personal	Go camping for the first time	Choose location Buy camping gear Research safety issues	Seek advice from friends who have been camping before	Experience something outside of my comfort zone Greater appreciation of nature	End of season

