



NLSC Goal Setting Worksheet

Name: _____

Date: _____

Part 1: Reflecting on Me

1. What are three things I did really well in practice or meets recently?

2. What are two things I want to improve this season?

Part 2: Setting SMART Goals

Short-Term Goal (next 4-6 weeks): What is one goal I want to achieve soon?

Why this matters to me:

How I'll work toward it:

Deadline:

Long-Term Goal (by end of season): What is a big goal I'm working toward this season?

Why this matters to me:

What I'll do to stay on track:

Deadline:



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Part 3: Mindset and Motivation

1. What helps me stay focused when practice gets tough?

2. What does it mean to show:

Character:

Grit:

Loyalty:

3. Who inspires me - and why?

Coach Check-In

Coach Notes:

Next Check-In Date: