**Western Dubuque High School**

**Goal Setting**

**Building Success**

Here are six attitudes and desires that I feel are important in reaching success and that each one of you should strive for in one way or another. Rank each one (1 through 6) as to their importance to **you** **personally.**

\_\_\_\_\_\_The desire to strive for excellence.

\_\_\_\_\_\_The realization that nothing of value can be achieved without hard work and dedication.

\_\_\_\_\_\_The desire to display self-confidence.

\_\_\_\_\_\_The desire to show one’s ability in competition.

\_\_\_\_\_\_The desire to cooperate as part of a team.

\_\_\_\_\_\_The desire to have fun.

**Summary**

**Goals and Standards**

Set a goal that you wish to reach by the end of the season and write it in the space below. Your long term goal should be something that you have yet to accomplish, something that is a little bit out of reach at the beginning or middle of the season. A certain time or mark or a championship etc. Next, write down the goals you wish for the team to accomplish together.

The next thing we need to do is set higher **standards** for ourselves individually and as a team. A

State championship is one of the most difficult things to achieve in high school track and field yet we still list it as one of our main goals. Ask yourself if you are giving everything you can to better yourself and the team in both the competitive experiences you will have and every daily workout that you put yourself through. Will you cut yourself short by not coming to practice every day or fake injuries to get out of uncomfortable situations? You will come across these situations and ideas every day this season but you are the only one who can make the decision to set a higher standard for yourself. Get to practice every day on time. Ignore the uncomfortable situations and take charge of your workouts. Find ways that you can make yourself better! If everyone on our team does these things (follow the team rules, sets goals for themselves, set and abide by higher standards) then we will all know success. Good luck this season, work hard and expect great things!

**Individual Season Goal:**

**Team Goal(s):**

**What can we do to be the best we can be?**