



A Blueprint For Evaluating Your Goals

We stress the importance of setting goals all the time. For anyone to achieve success in any area of life, it's crucial that they have goals set and are constantly working to achieve them.

Achieving your goals means having a plan. Without one, success is very unlikely. The quote goes: "Failure to plan is a plan to fail." For a plan to succeed, you must inspect the plan carefully. Only by evaluating your goals and the steps you are taking to achieve them will you have a chance for success.

1. Make your goals concrete and flexible
2. Measure your desire
3. Ensure your goals are consistent
4. Test yourself

YOUR GOAL:

BY WHEN:

WHAT IS YOUR WHY:

HOW DOES IT MATCH UP WITH GOALS YOU HAVE SET IN OTHER PARTS OF YOUR LIFE (WORK, FAMILY, ABILITY, ETC):

TEST YOUR GOAL (TIME TRIAL, PRACTICE RACE, ETC):

DATE:
