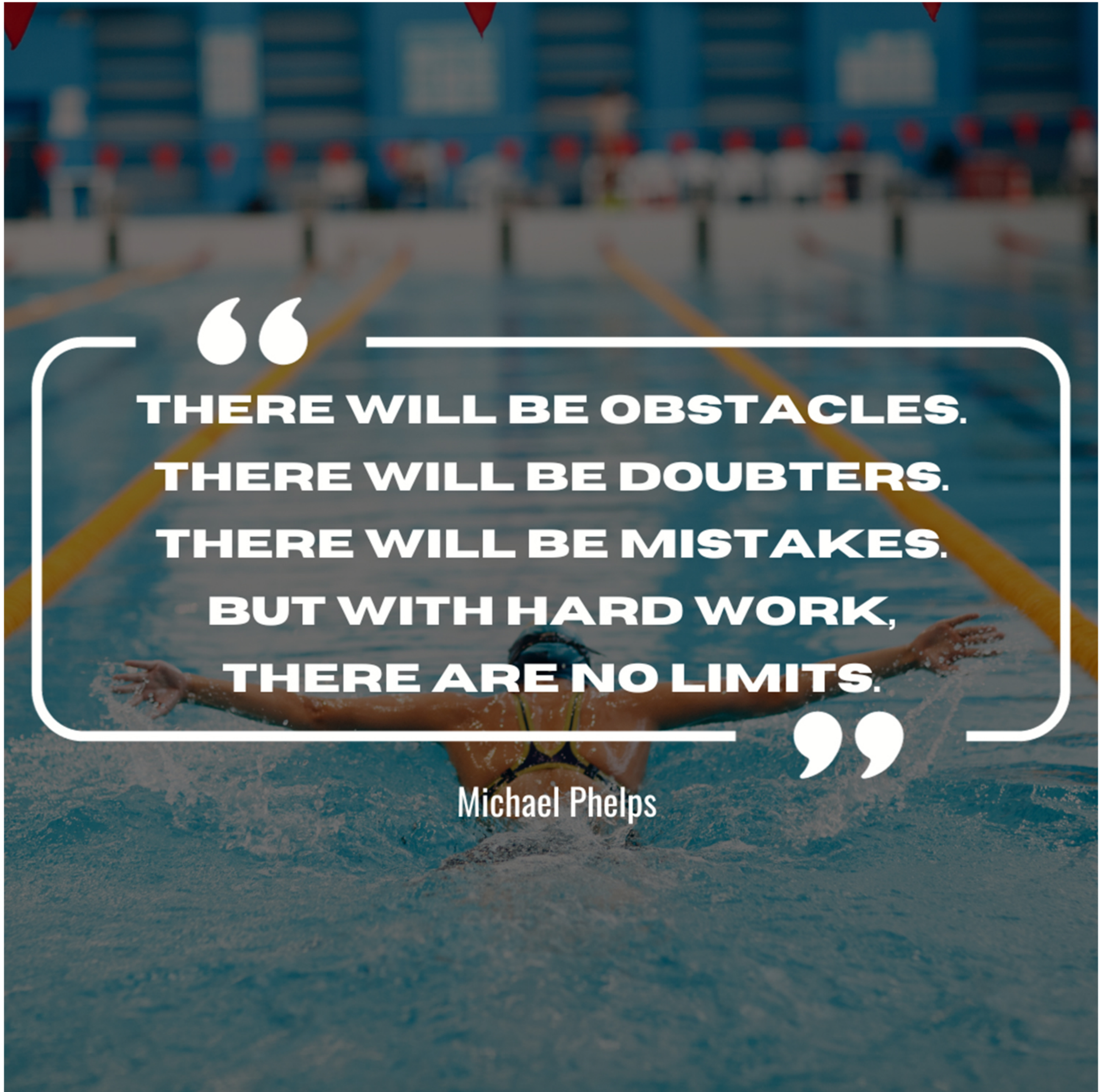


**MAKE
IT
HAPPEN**

Sport Fuels Life™

This playbook belongs to _____

PLAYBOOK



Brought to you by **Sport Fuels Life™**, this playbook is a tool to help you achieve your goals. You can think of this playbook as both a coach who holds you accountable for your actions, as well as a teammate who supports you, celebrating every small win along the way.

Sport Fuels Life seeks to inspire, motivate, and educate our community of athletes and coaches to make the world a better place through athletics.

Sport Fuels Life™

There is something to be said about the power of writing down your goals. Studies show that you are more likely to achieve your goals by 42% simply by writing them down. The act of creating a vision for yourself, then writing down your goals will help give you a roadmap to achieve them. Not only will you be crystal clear on what you are trying to accomplish, but you will be able to break down the bigger picture by strategizing how to get there, one small step at a time. Moving intentionally in the right direction is the pathway for your success!



“
**SETTING GOALS IS THE
FIRST STEP IN TURNING
THE INVISIBLE INTO
THE VISIBLE.**”

Tony Robbins

Sport Fuels Life™

GOAL SETTING WORKSHEET

1. What is your goal? _____

2. Why is your goal important? _____

SMART GOAL CHECKLIST:

- SPECIFIC.** Get clear on what you want to accomplish. Use action words. Is this goal specific to where, how, when, with whom, or why you want to achieve this goal?
- MEASURABLE.** How will you evaluate and track your progress? Use metrics or data targets to ask yourself how much or how many.
- ACHIEVABLE.** Is this a realistic goal based on your resources? Make it challenging, yet possible within a certain timeframe.
- RELEVANT.** Is this goal aligned with your personal/career aspirations?
- TIME-BOUND.** Does the goal state a clear completion date?

List 3 potential challenges that could prevent you from completing your goal. For each potential challenge, counter it with a reason for why that should not hinder your progress.

CHALLENGES
1. _____

2. _____

3. _____

COUNTER
1. _____

2. _____

3. _____

Goal finish line date: _____

MONTH _____

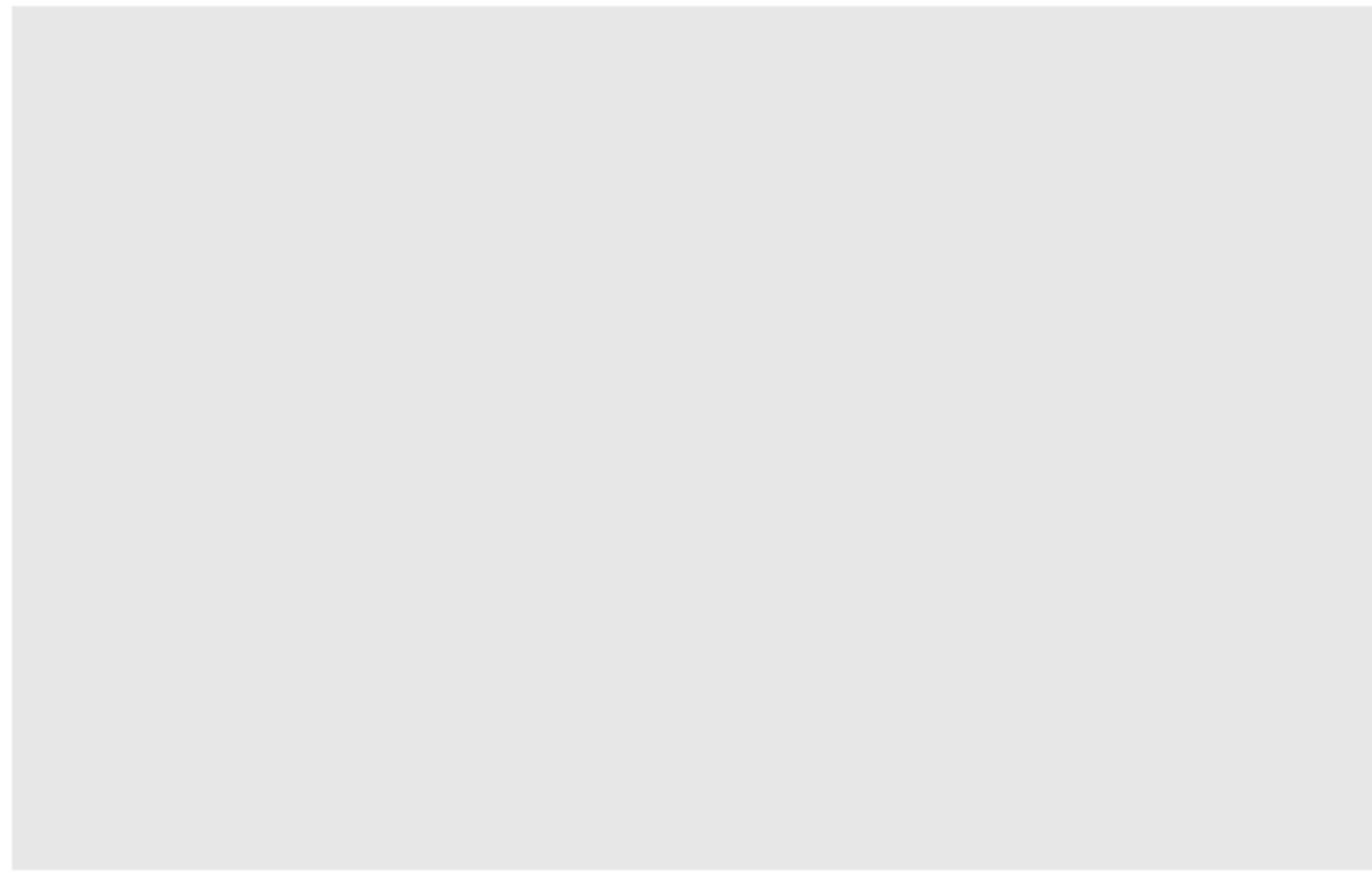
MONTHLY INTENTIONS

Attitude/Focus

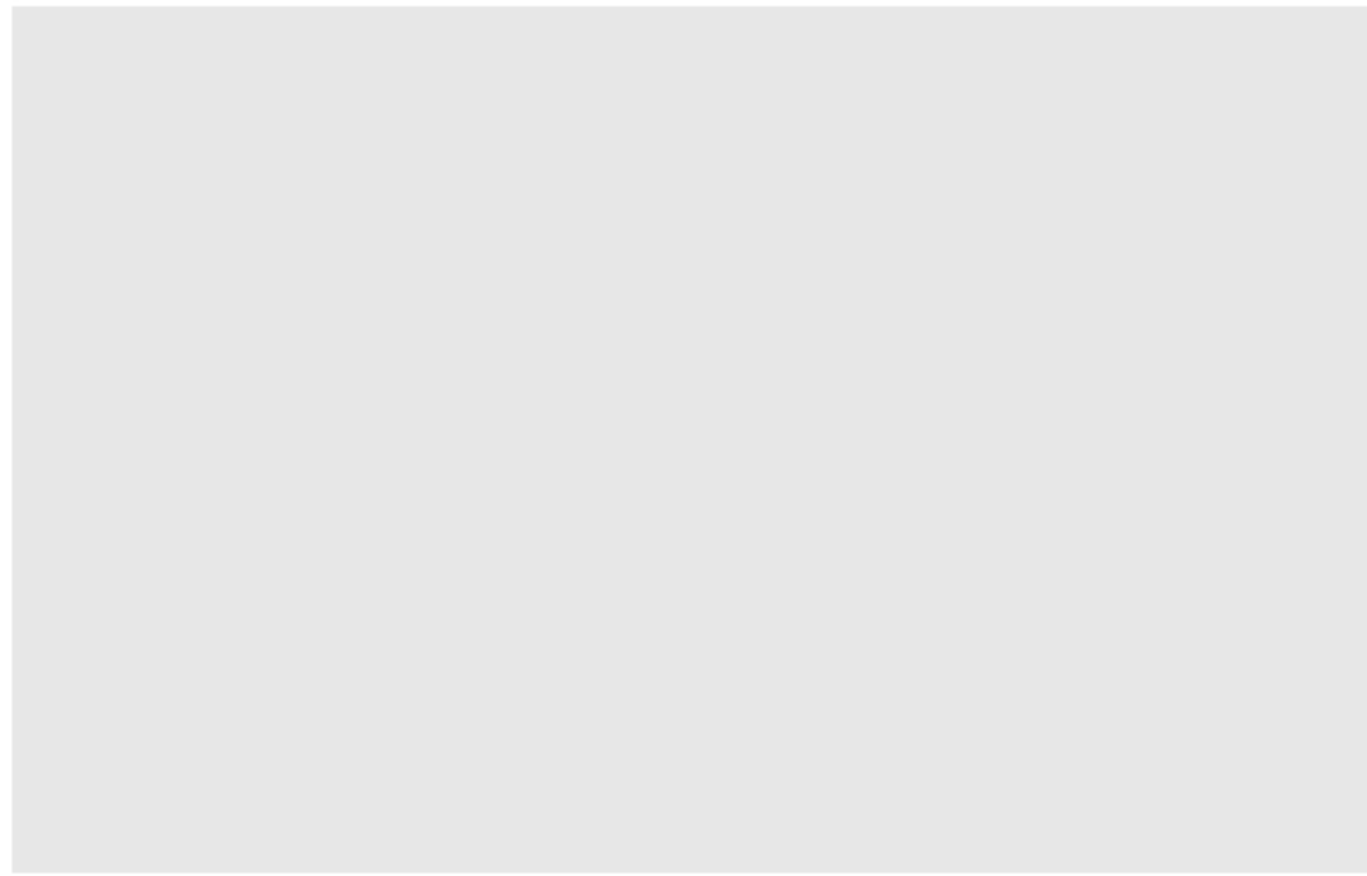
This month, I will be more _____

MONTHLY GOALS

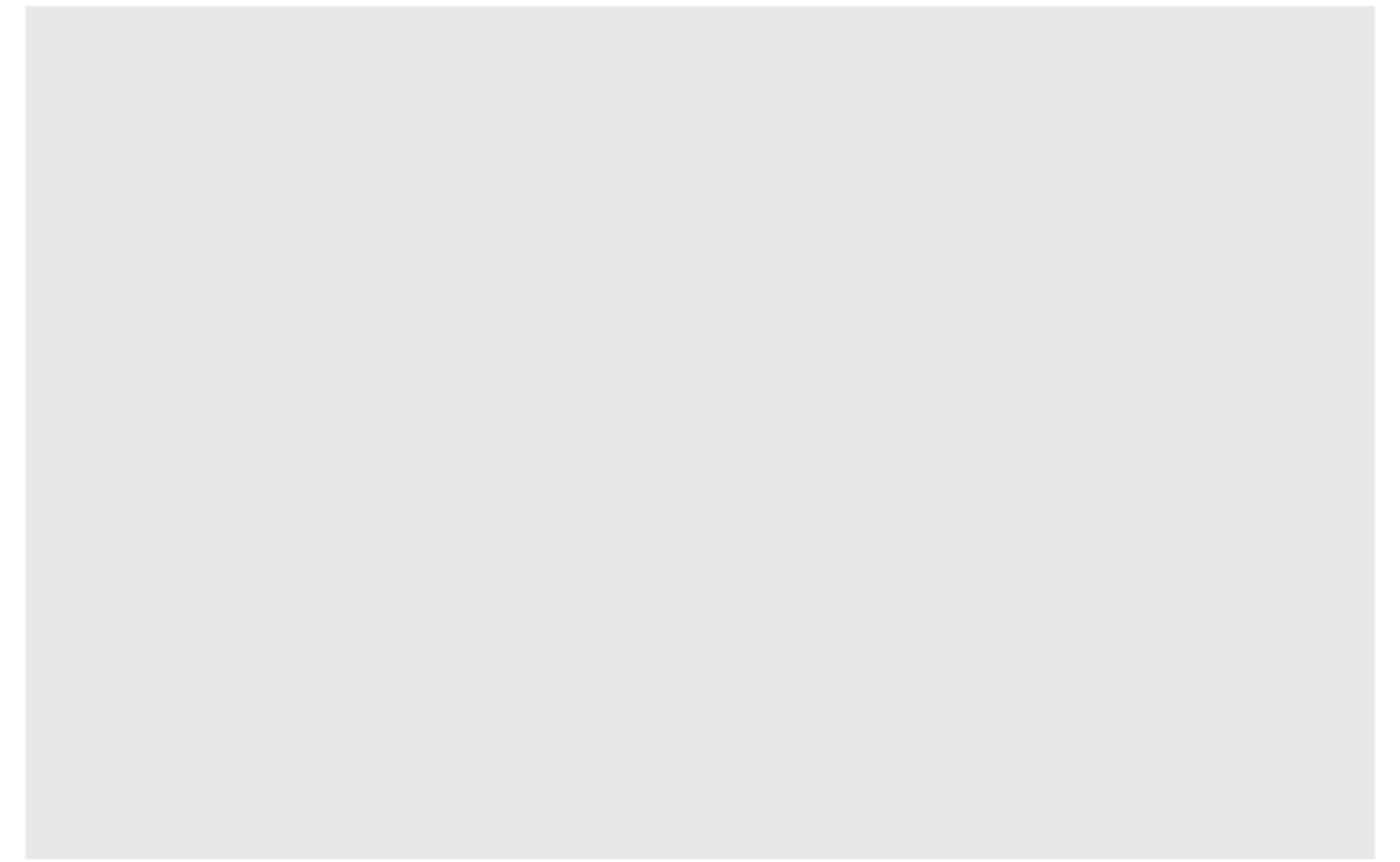
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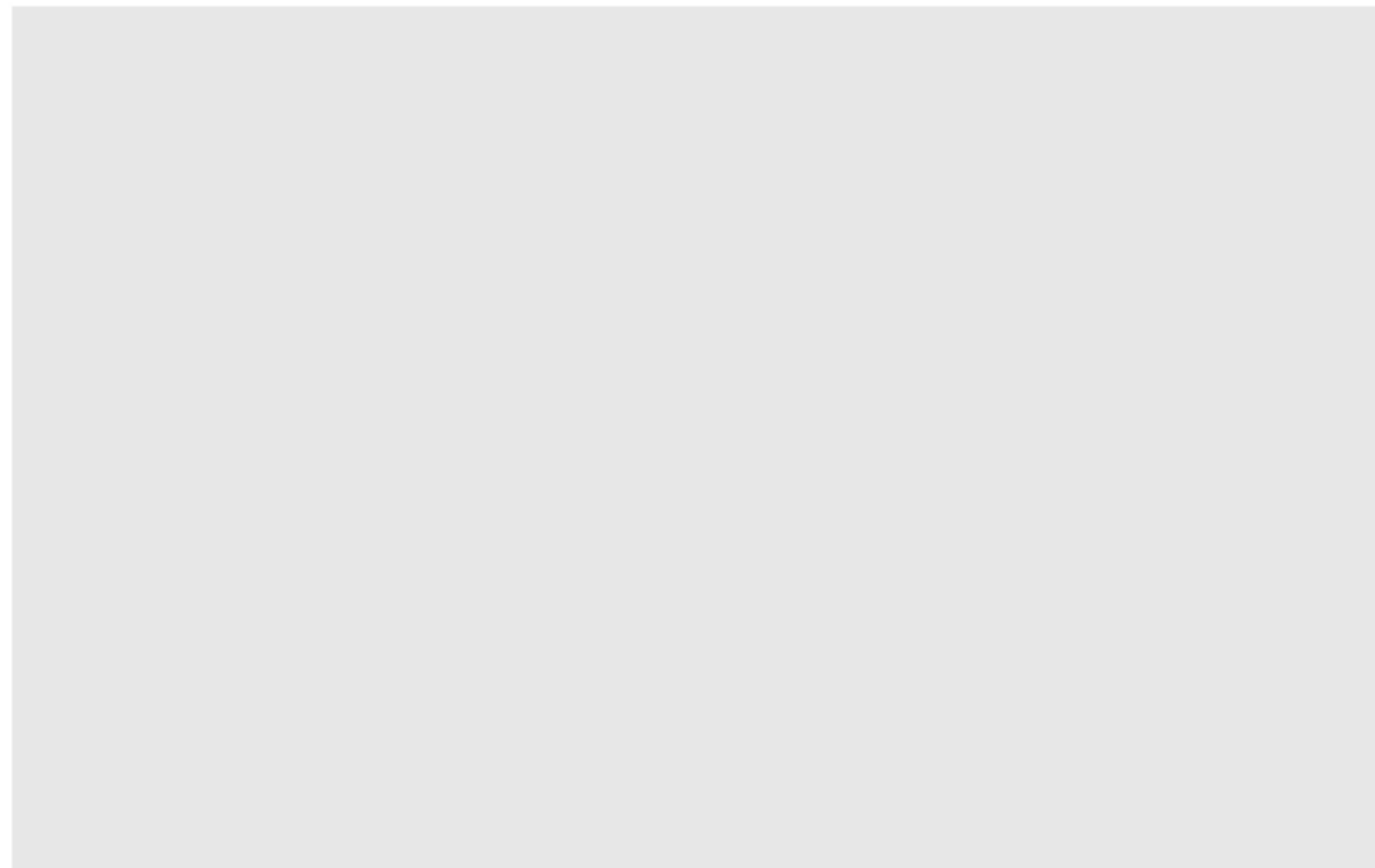


GOAL #2

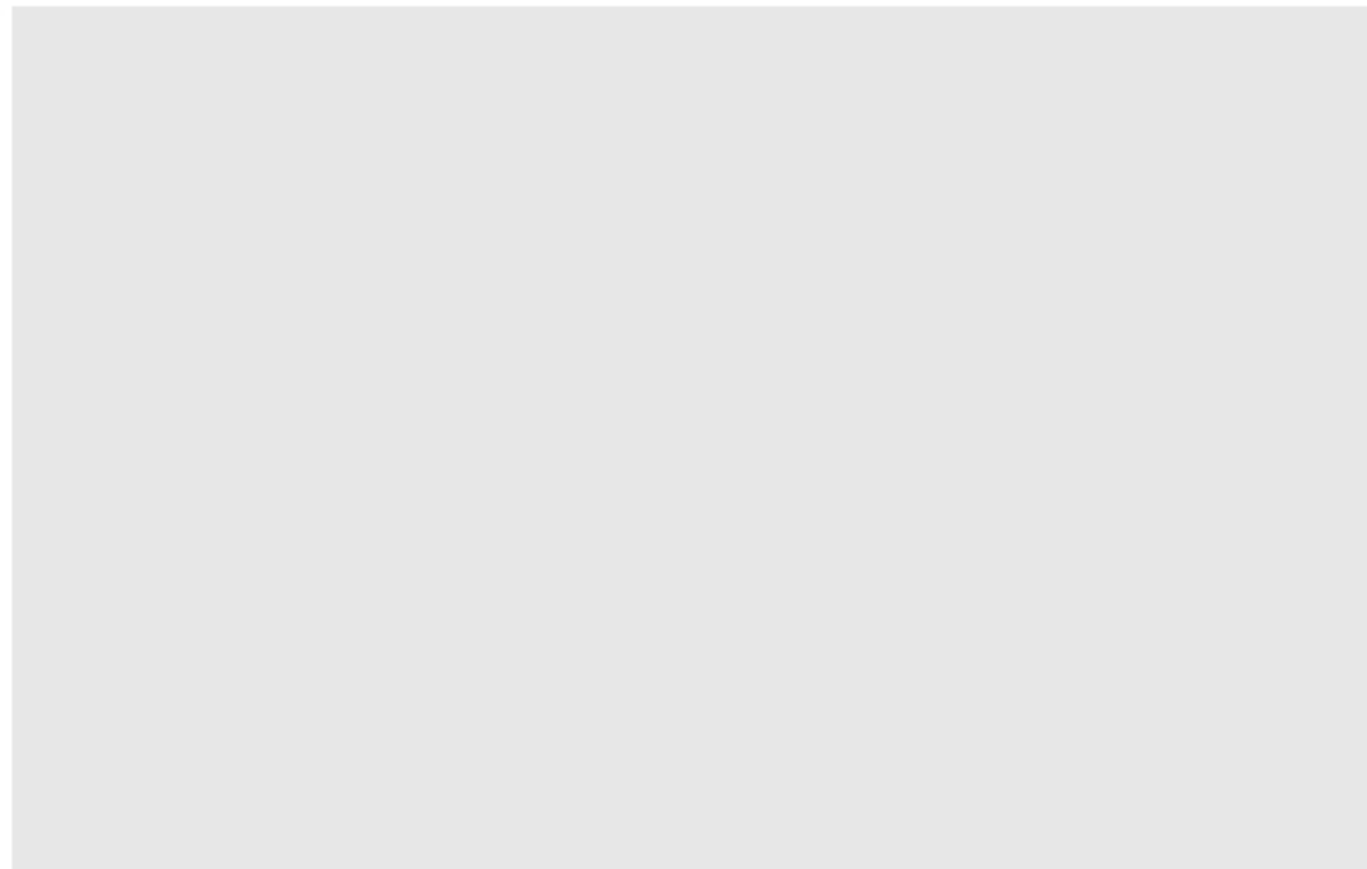


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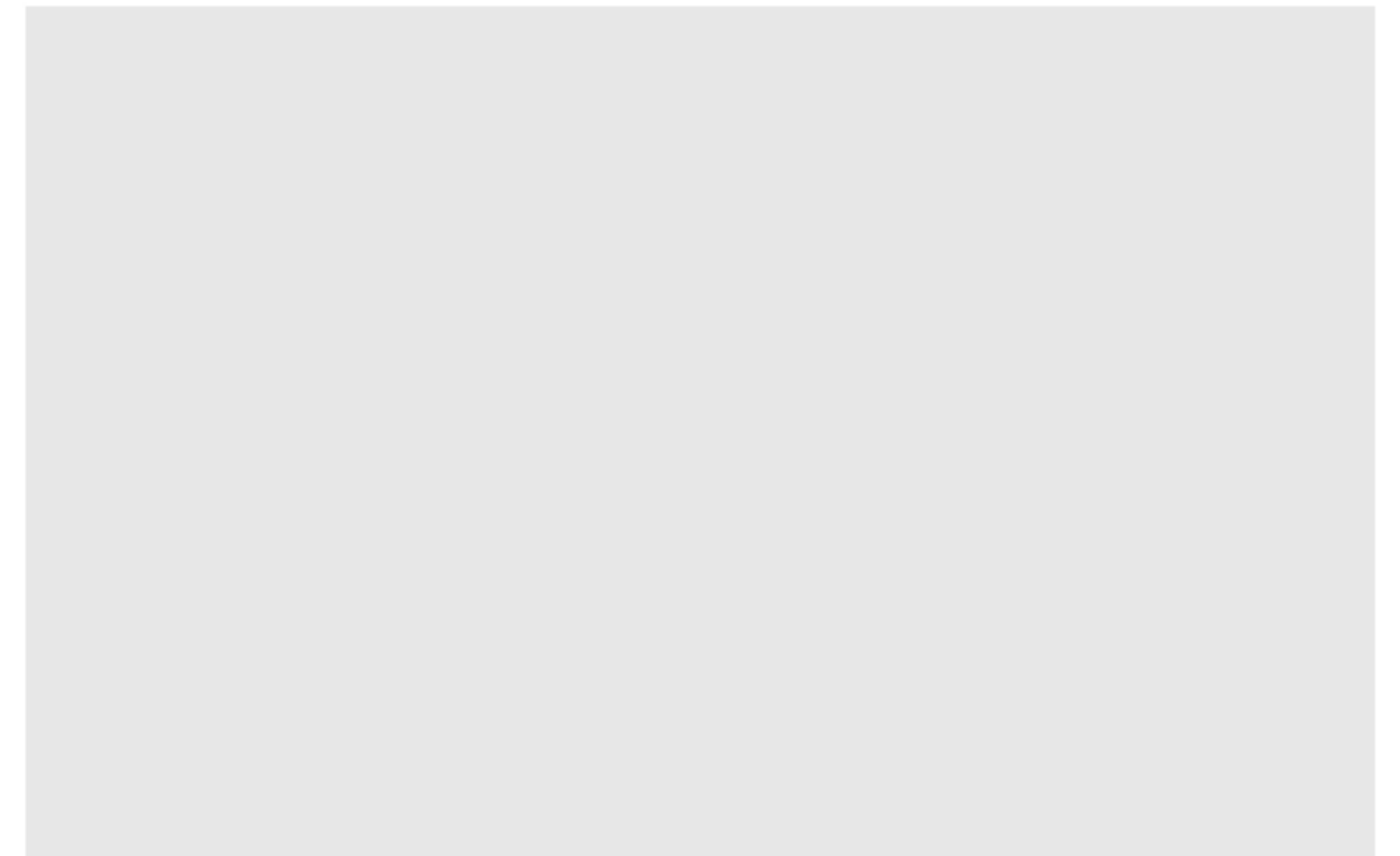
What are some smaller steps you need to take to reach each goal?



STEPS FOR #1



STEPS FOR #2



STEPS FOR #3



“ STAY FOCUSED. YOUR START DOES NOT DETERMINE HOW YOU’RE GOING TO FINISH. ”

Herm Edwards

MONTH 1

WEEK 1

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 1

WEEK 2

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 1

WEEK 3

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 1

WEEK 4

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 1

WEEK 5

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH _____

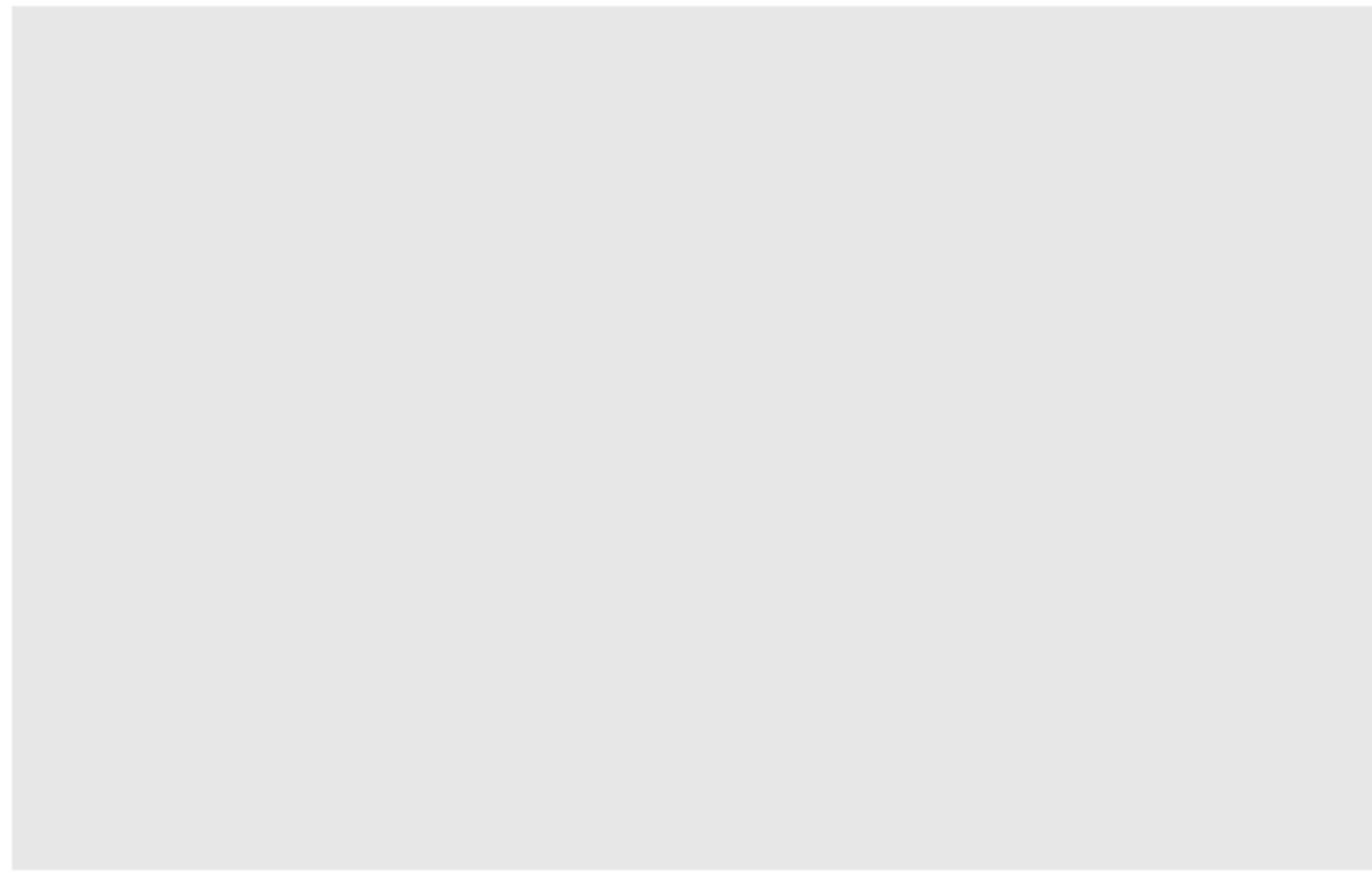
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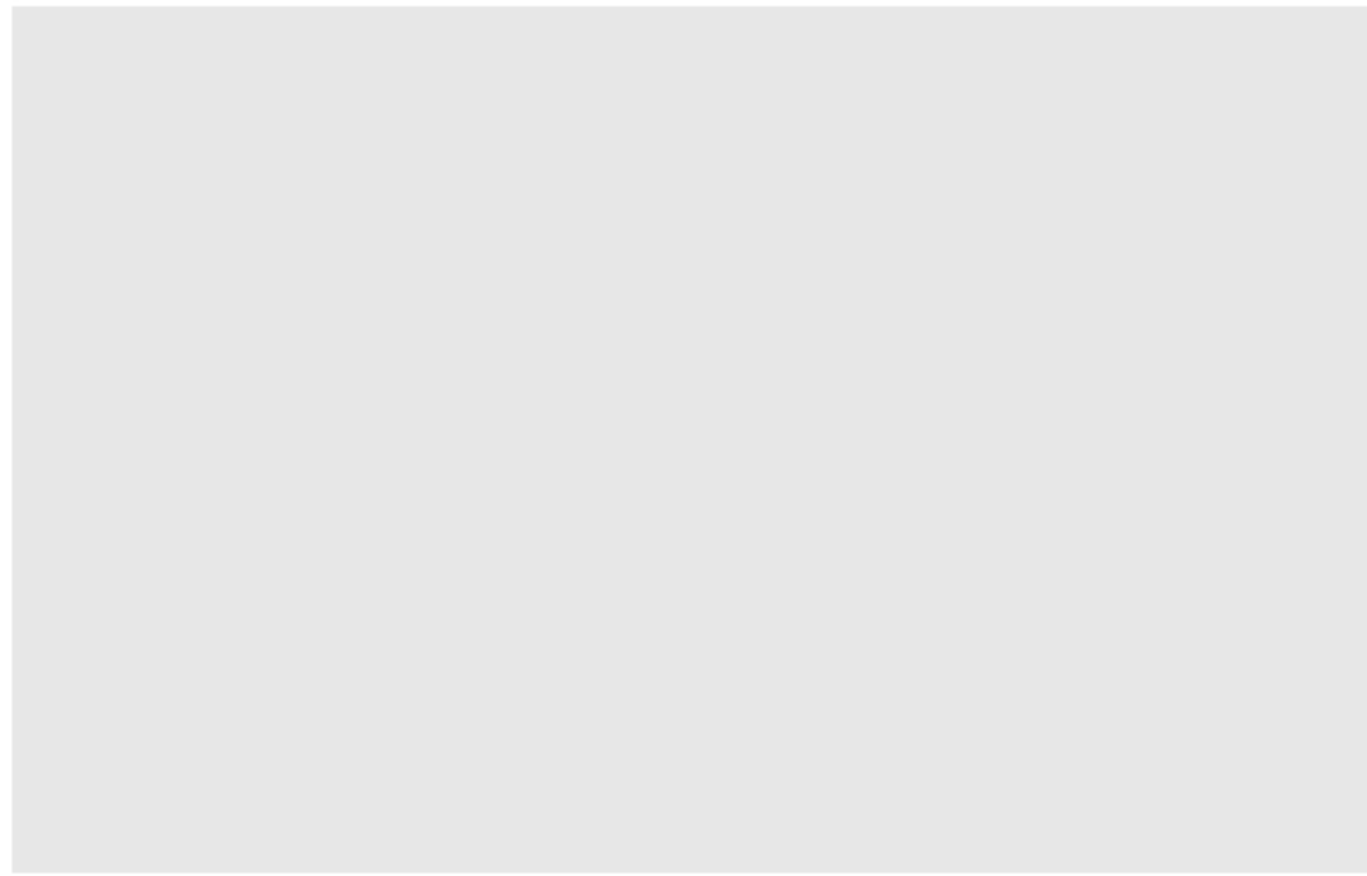
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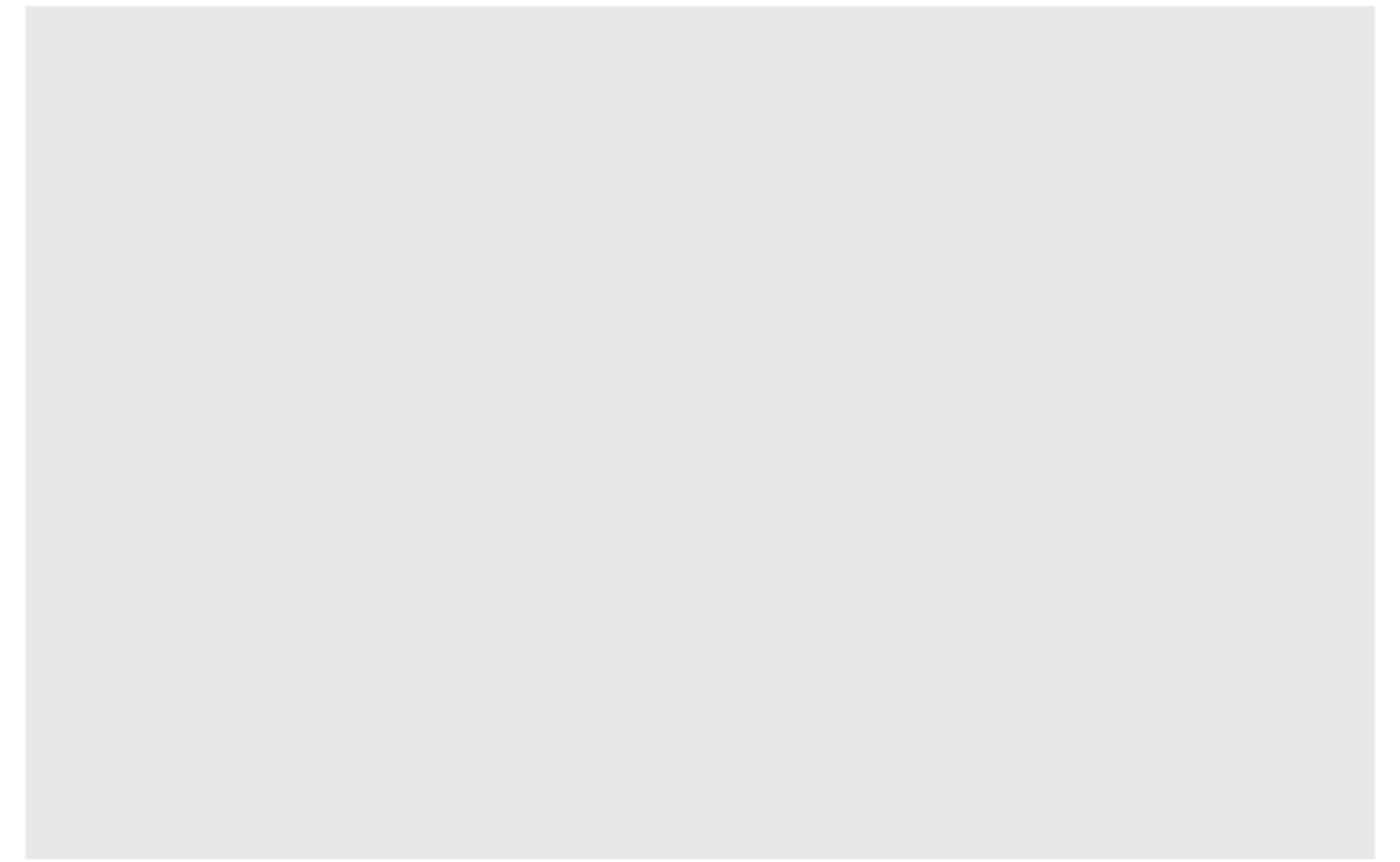
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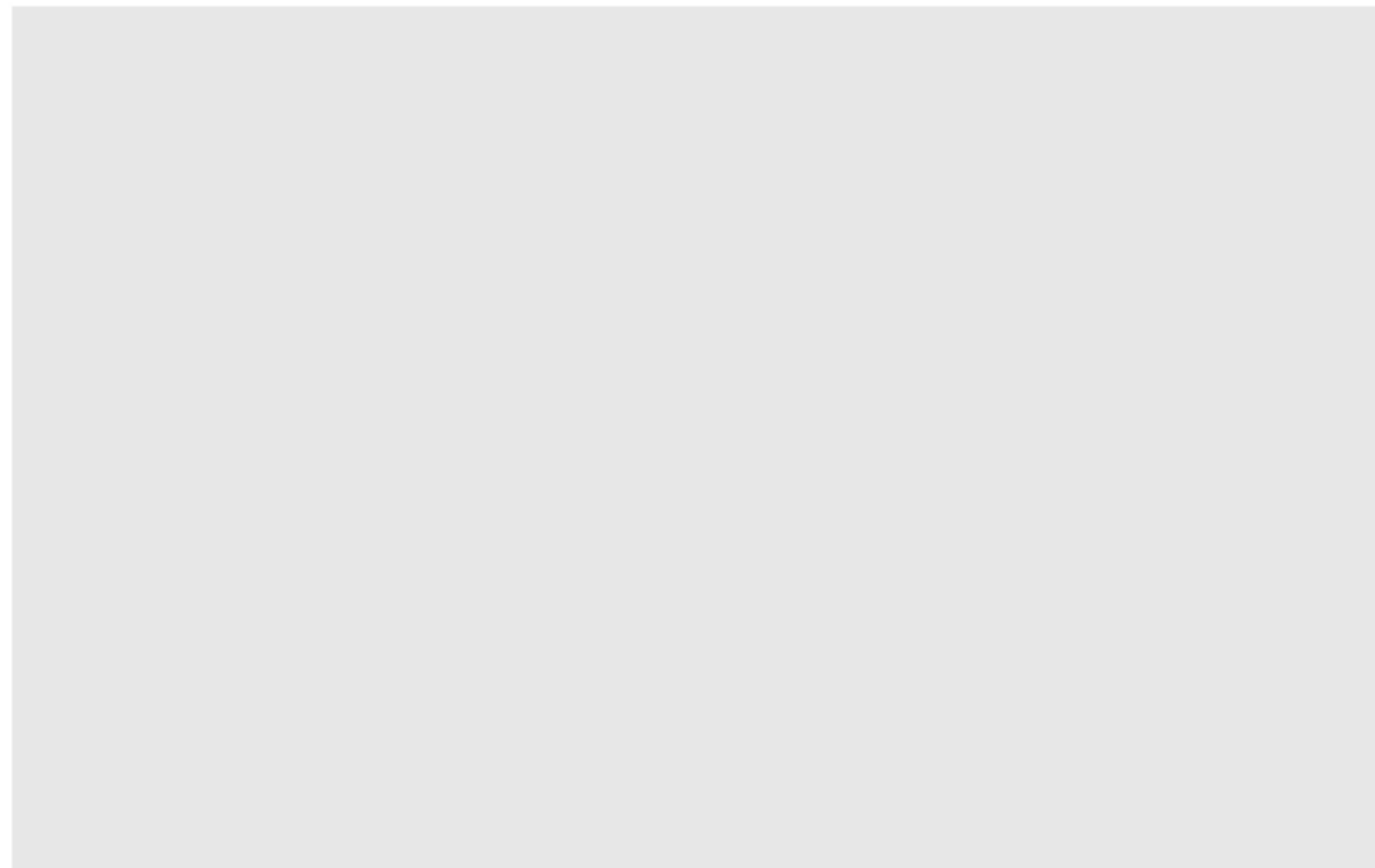


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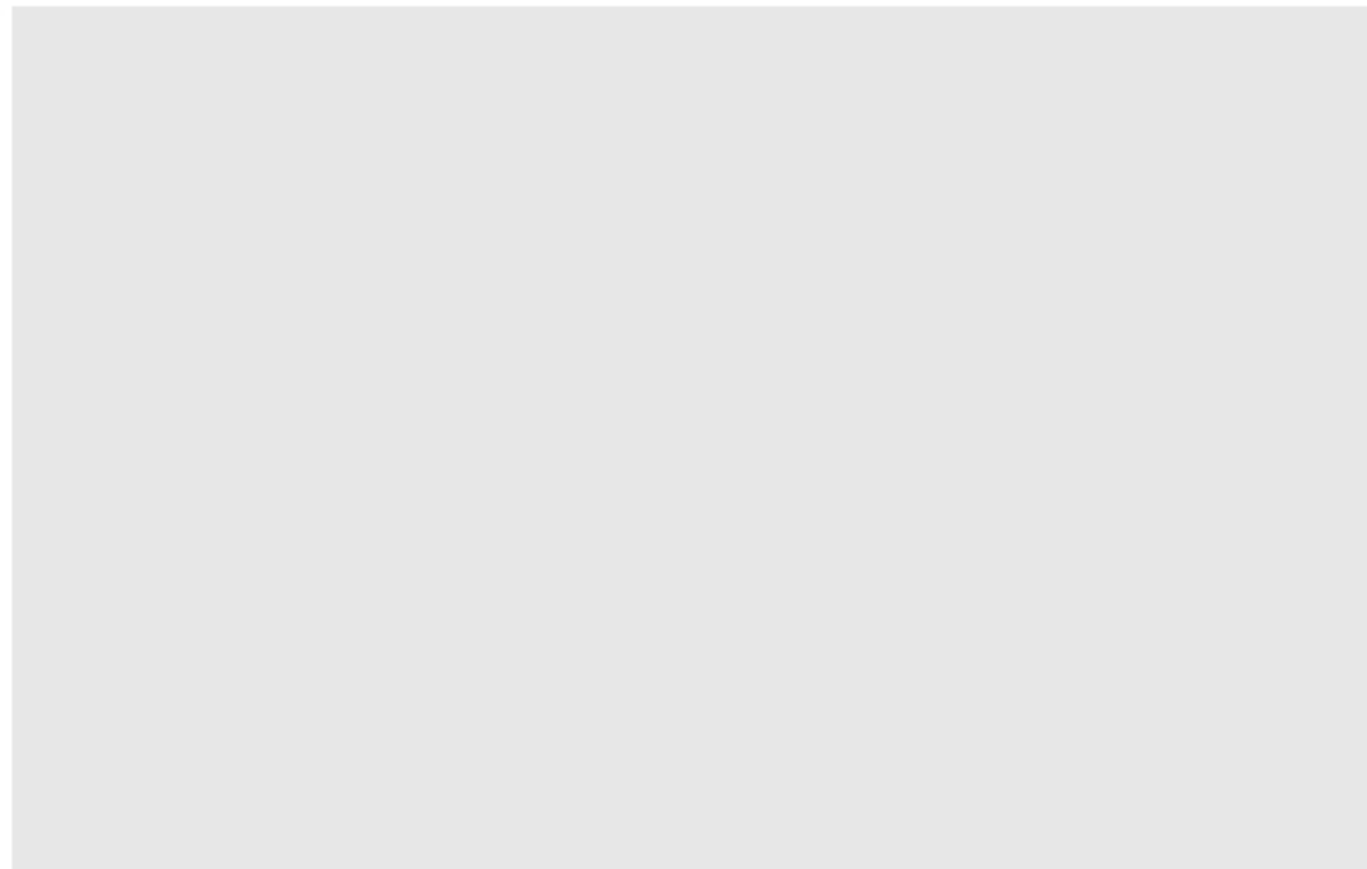


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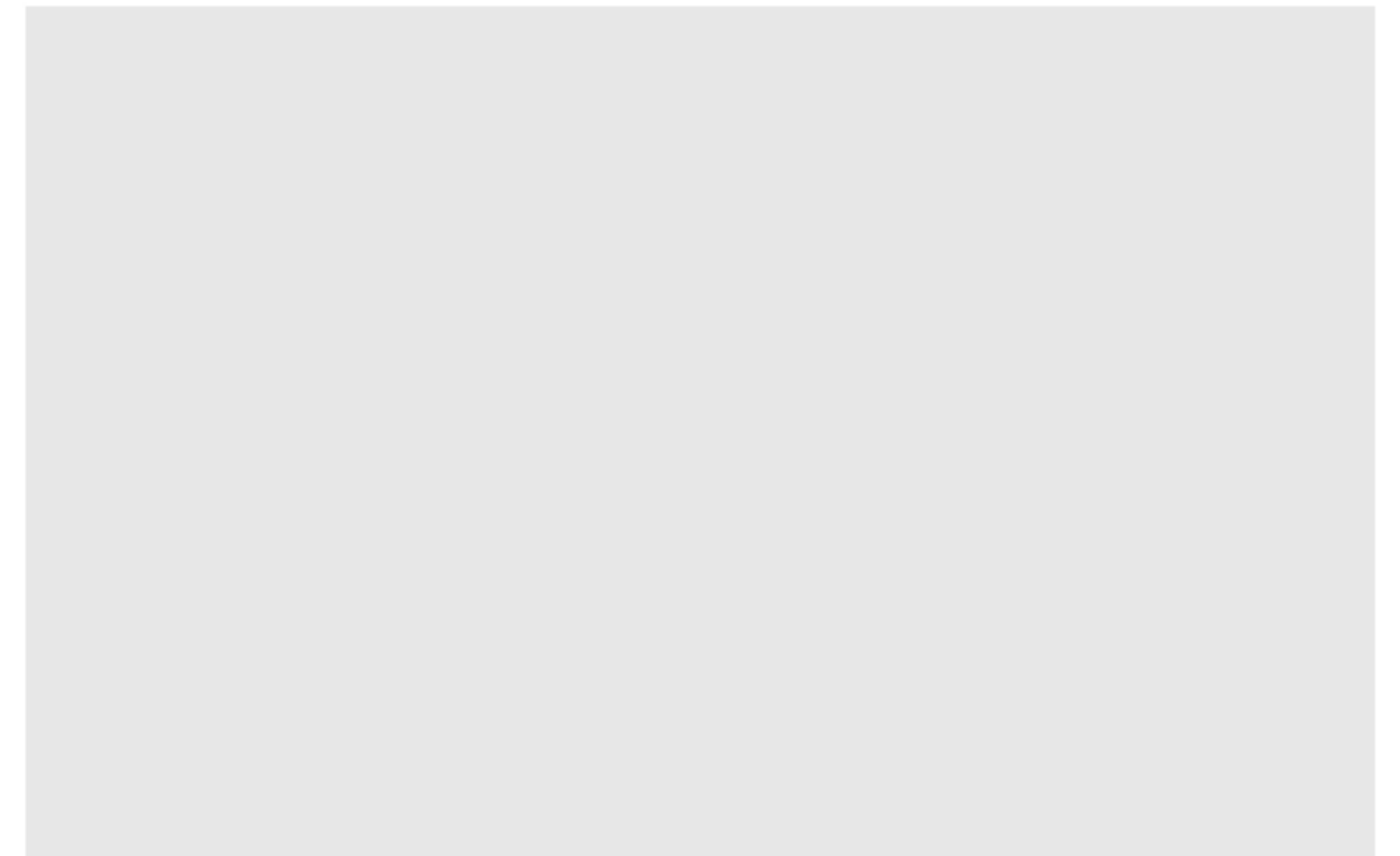
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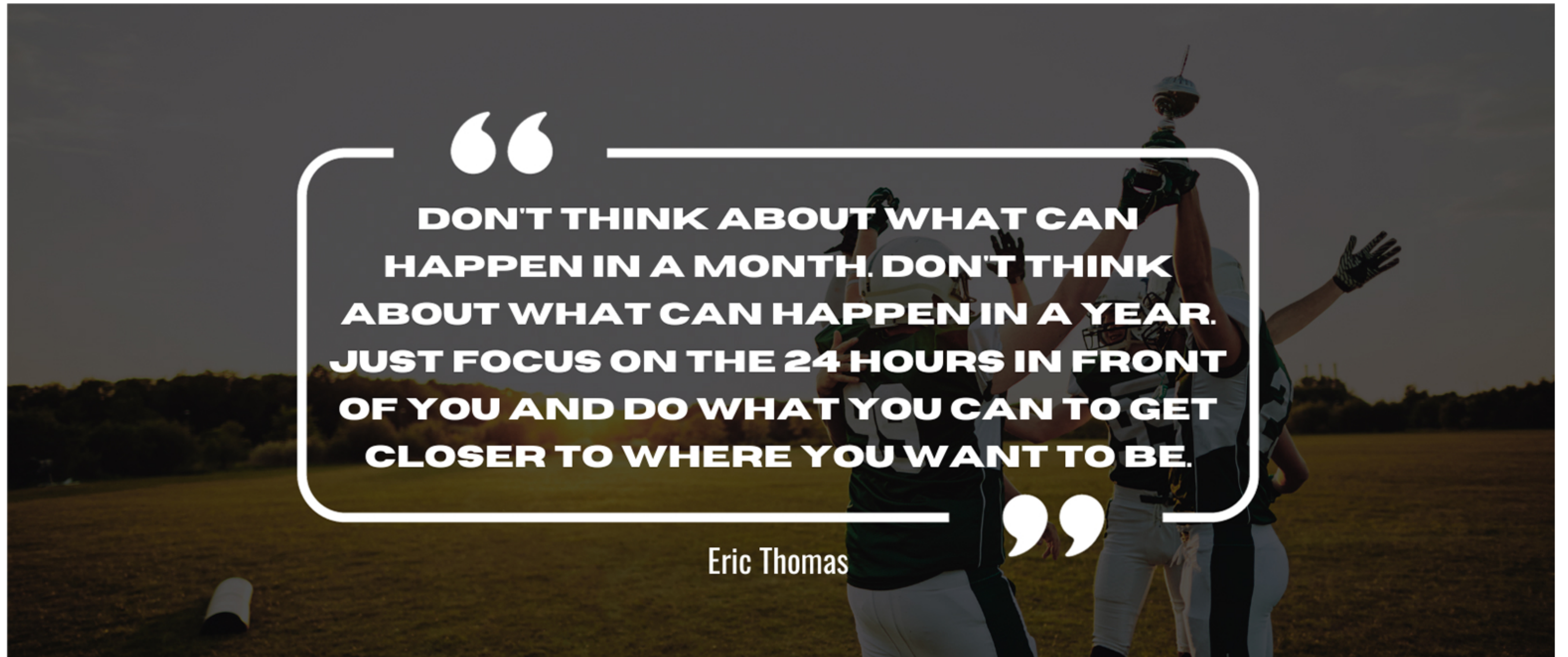
STEPS FOR #1



STEPS FOR #2



STEPS FOR #3



“
DON'T THINK ABOUT WHAT CAN
HAPPEN IN A MONTH. DON'T THINK
ABOUT WHAT CAN HAPPEN IN A YEAR.
JUST FOCUS ON THE 24 HOURS IN FRONT
OF YOU AND DO WHAT YOU CAN TO GET
CLOSER TO WHERE YOU WANT TO BE.

Eric Thomas

MONTH 2

WEEK 1

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 2

WEEK 2

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 2

WEEK 3

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 2

WEEK 4

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 2

WEEK 5

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH _____

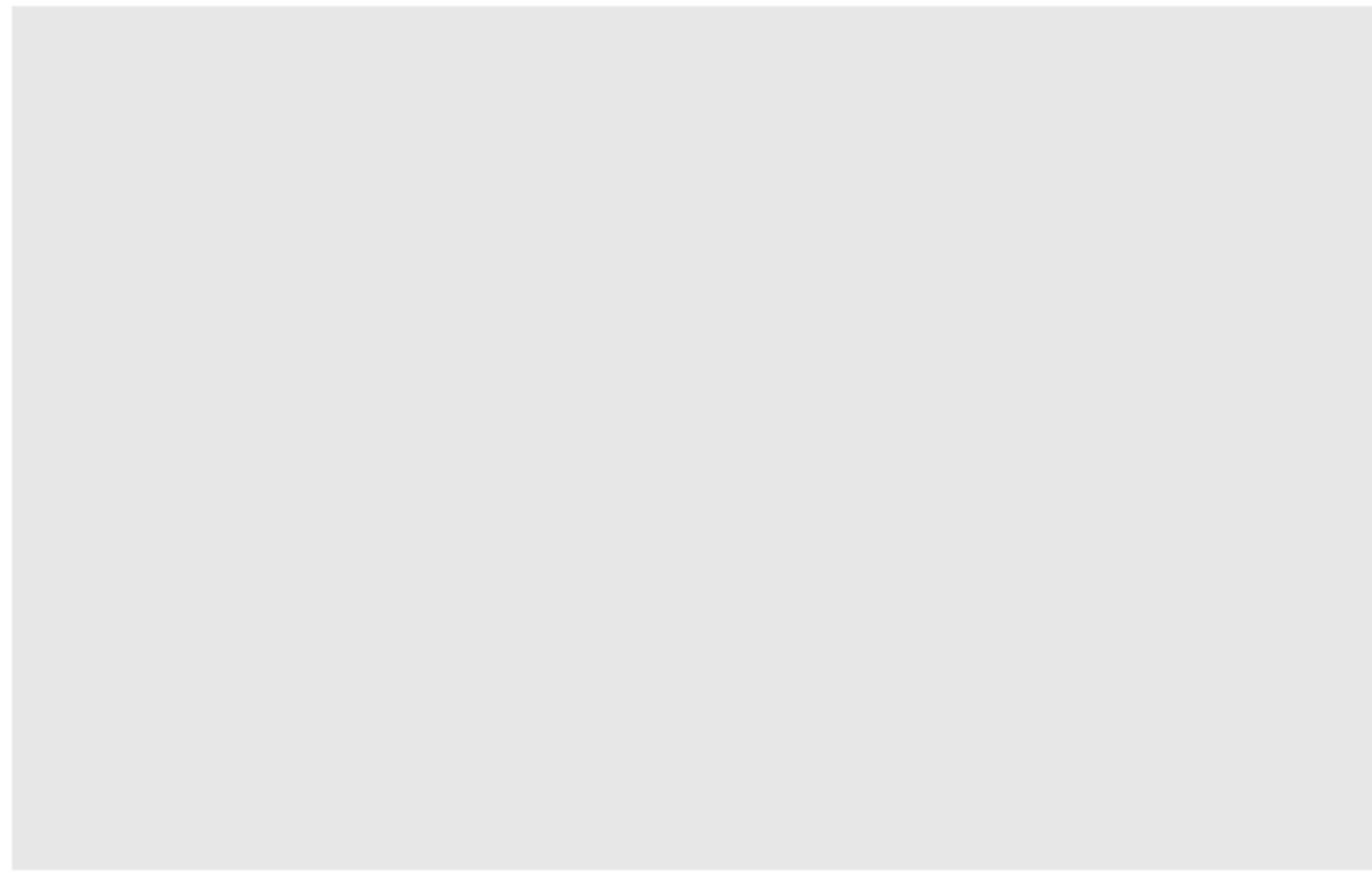
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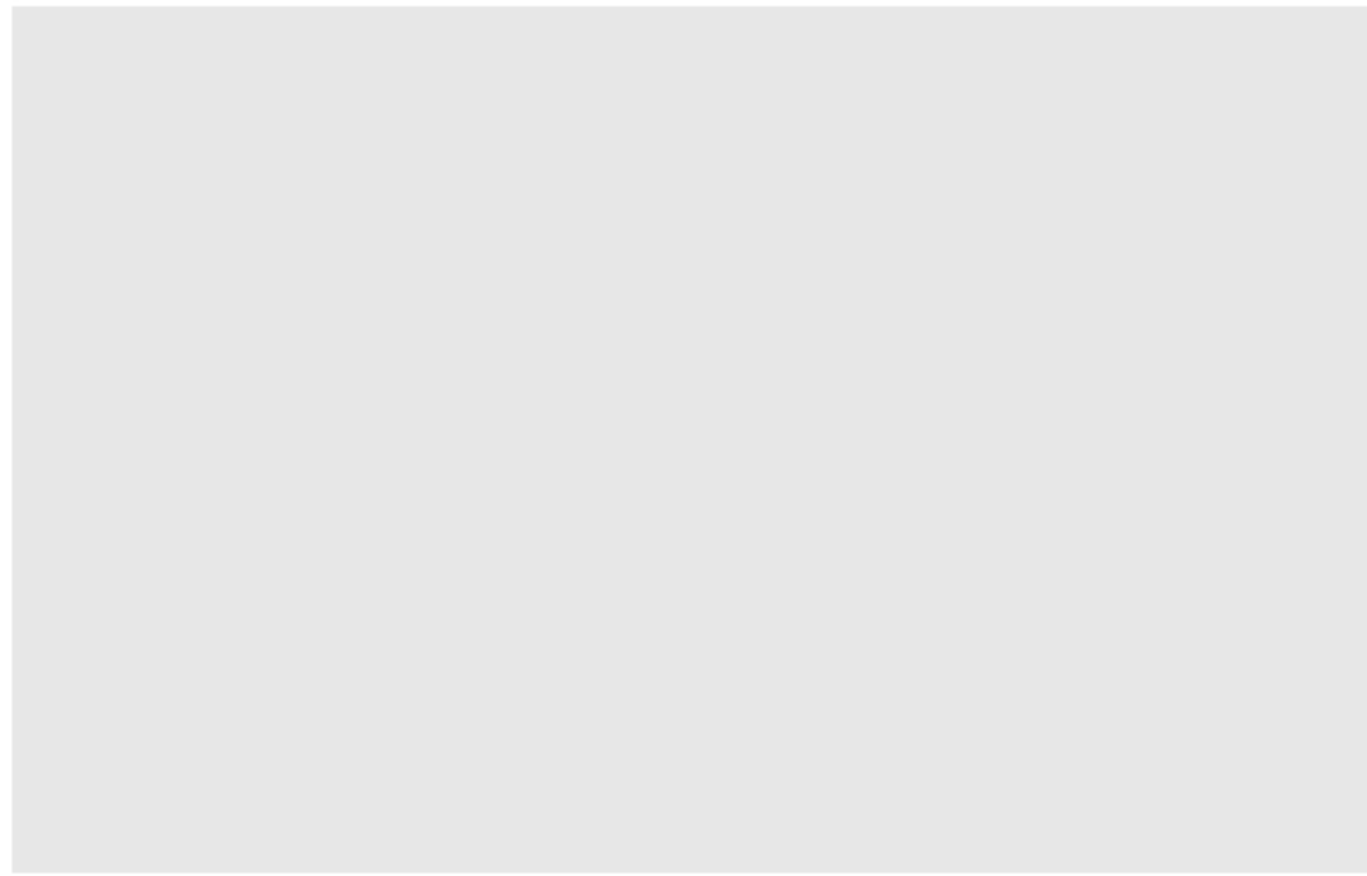
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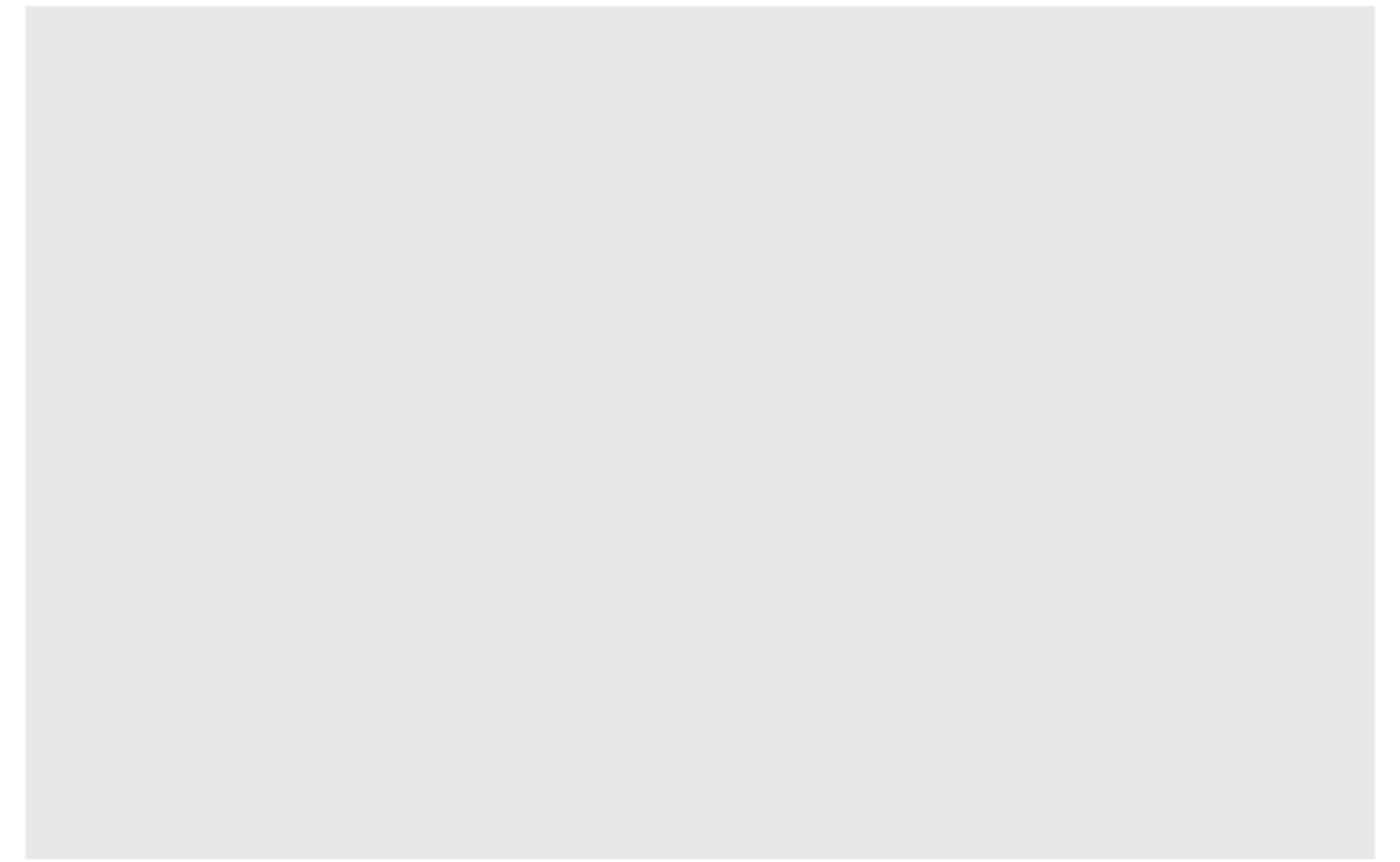
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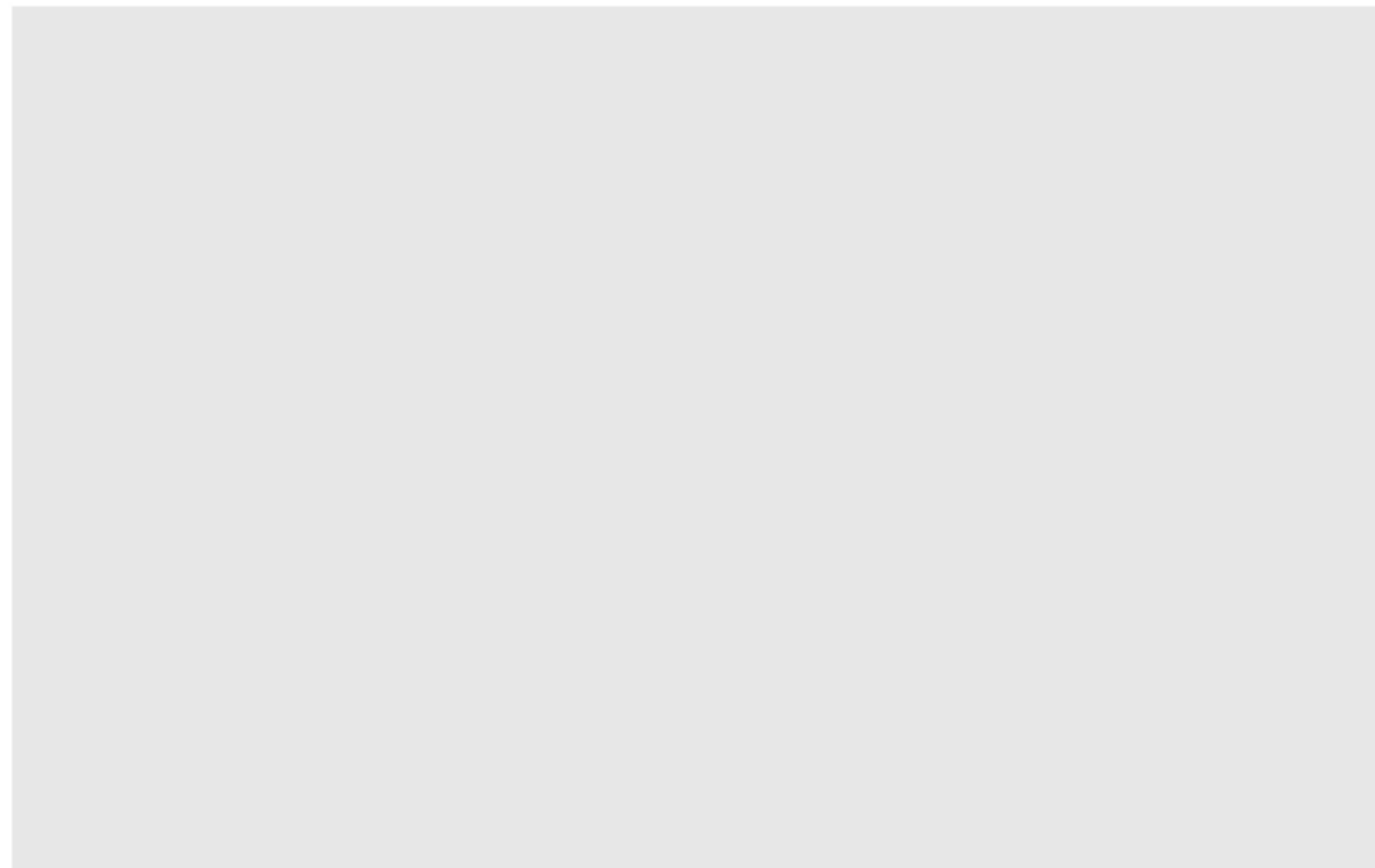


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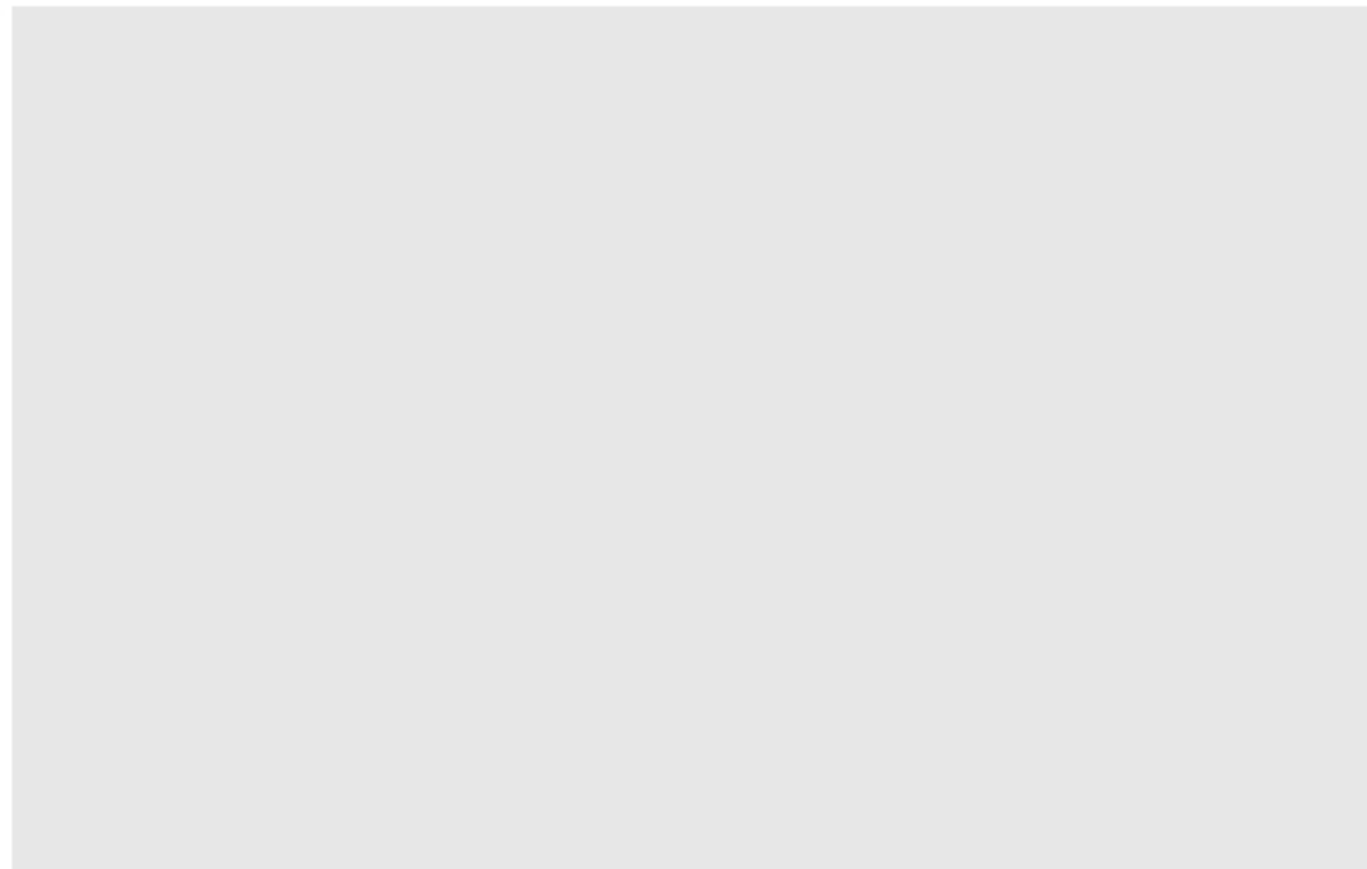


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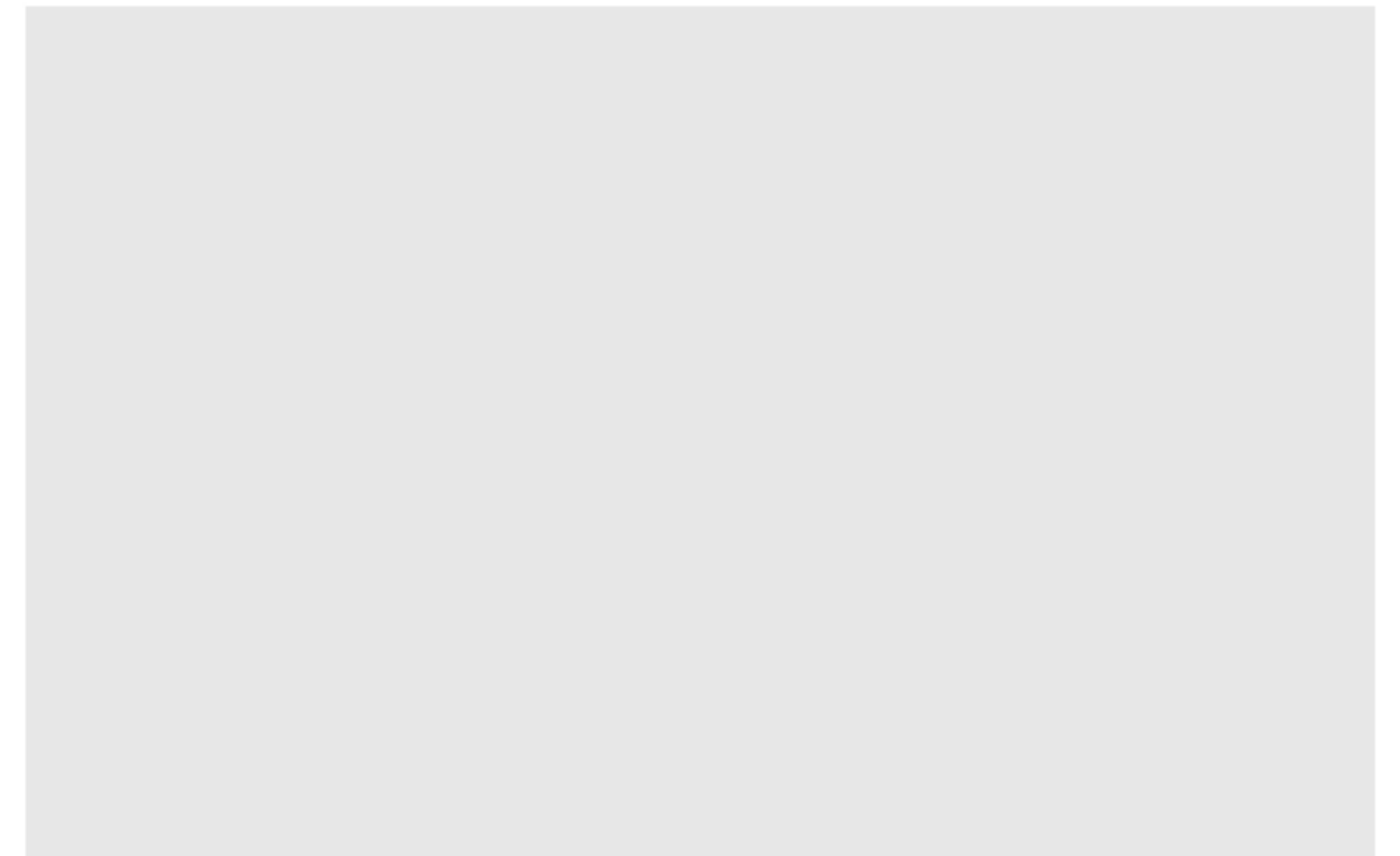
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STEPS FOR #1



STEPS FOR #2



STEPS FOR #3

“

**EXCELLENCE IS NOT A
SINGULAR ACT BUT A
HABIT. YOU ARE WHAT
YOU DO REPEATEDLY.**

”

SHAQUILLE O'NEAL

MONTH 3

WEEK 1

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 3

WEEK 2

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 3

WEEK 3

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 3

WEEK 4

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	

MONTH 3

WEEK 5

DATES: _____

Goal for the week _____

MONDAY	SATURDAY
TUESDAY	SUNDAY
WEDNESDAY	3 WINS FOR THE WEEK 1. 2. 3.
THURSDAY	WHAT NEEDS FURTHER ACTION?
FRIDAY	



**NOTHING IS
GIVEN
EVERYTHING IS
EARNED**

Lebron James

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