

Goal Creation Worksheet & Instructions

"Without goals, training is unfocused and ineffective. Clearly defined and realistic goals mark the pathway to success for the athlete and the coach."
Coach Laval D. Falks

The purpose of this worksheet is to guide you through creating your SMART Goals for Archery

Why SMART Goals

- **Goals** give us something to work toward and to keep us focused on an outcome.
- **SMART Goals** helps us define exactly what the Future will look like and what steps we need to take to get there

SMART Goals should be:

S – Specific State exactly what is to be accomplished

- **Who** is involved
- **What** do I want to accomplish
- **Where** am I going to do this
- **When** am I going to do this
- **Which** requirements or constraints will I need to be aware of
- **Why** am I doing this and how will I benefit

M – Measurable A score, result, a time, an amount, an ability or skill

- How much or how many
- Milestones
- Tasks completed or learned
- Achieve ranking or position

A – Attainable Something that can be accomplished even if it takes much effort or time.

- Can I gain the ability given enough time
- Will I have the support I need from family and friends
- Do I have access to the proper coaching
- Will my resources (equipment, money, place to shoot, time, etc.) be enough

R – Realistic Consider your current ability honestly

- Do I have the work ethic to reach the goal
- Is the goal too high or too low
- Do I believe in myself enough to persist
- Are the resources available to obtain the goal
- Do I have the time and money

T – Timely/Trackable Is the time frame right for setting this goal and can you track your progress

- Am I ready to begin working on this goal
- Can I measure my progress
- Is it a short term or long term goal
- Will I know if I reach my goal

Types of Goals

Short Range Goals

Attainable in less than a year

Intermediate Range Goals

Attainable in 1 to 3 years

Long Range Goals

Not attainable in less than 3 years

As the short range goals are reached the intermediate range goals become short range and long range goals become intermediate range. The student and coach must constantly reevaluate their stated goals and decide upon new and more elevated long range goals over time.