

GOALS – SHORT, MED, LONG	GOALS PURPOSE	VISUALIZATION	Daily Discipline
Graduate H.S. with a 3.5 or higher	<ul style="list-style-type: none">• Learn/exercise good student skills that serve me thru life• Learn and grow from and with others	<ul style="list-style-type: none">• Image : Doing homework at home in room• Image : In class, attentive to teacher, phone in backpack• Image : talking to teacher asking for help	<ul style="list-style-type: none">Complete homeworkNo social media while in classAccept help; peers, teachers, parents
Become a "starter" on the team	<ul style="list-style-type: none">• Become a skilled athlete• Become a leader on the team	<ul style="list-style-type: none">• Image : Conditioning (pull up example)• Image : Rehearsing plays in your mind	<ul style="list-style-type: none">After practice to get a few more in20 mins/day extra conditioning
Maintain a healthy body Balance, mood, energy	<ul style="list-style-type: none">• Keep my body healthy• Be more mentally and emotionally balanced	<ul style="list-style-type: none">• Image : Yummy healthy foods you like• Image : Doing your workout	<ul style="list-style-type: none">Eat healthy and smart30 mins/day vigorous workout
EXAMPLE			

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