

# Goal Setting Steps

- 1. Identify what you want to change**
- 2. Determine where you are at**
- 3. Set an reasonable goal**
- 4. Create an action plan**
- 5. Carry out the action Plan**
- 6. Determine where you are after**



## Example:

- 1. I want to get better at shooting a basketball**
- 2. Take 20 shots from 5 different places. Record the number scored. Eg. 64/100 shots were scored**
- 3. My goal is to score over 75/100 shots**
- 4. I will practice shooting from the same spots for 15 minutes each day after dinner. I will do this for 3 weeks**
- 5. Carry out the pan for three weeks.**
- 6. Take 20 shots from the same 5 places. Record the number scored and compare**

