

1- Week Goals

Write down specific goals you will achieve over the next week

- 1
- 2
- 3
- 4
- 5

Reasons

Write down 3 reasons why you have decided to achieve your weekly goals

- 1
- 2
- 3

Transforming Patterns of Action

Write down 3 patterns of action you need to transform in order to successfully your weekly goals

1

Old Pattern:

New Pattern:

2

Old Pattern:

New Pattern:

3

Old Pattern:

New Pattern:

90-Day Goals

Write down 3 goals you expect to work towards over the next 90 days

- 1
- 2
- 3

Season Goals

Write down 3 goals you expect to work towards over the season

- 1
- 2
- 3

Dream Goal

Write down 1 dream goal for the season

1

Skater Name

Date