

Goal Setting & Action Steps Worksheet

This is not a 'virtual exercise' actually write down your response to each question and then post this sheet somewhere that you will see it every day. Remember to start with the basics, don't make it too complicated.

Go through this exercise every 4 months. The goals are based on the next 4 months.	
Name:	Today's Date:
1. <i>Where am I right now? Describe exactly where you are in terms of save percentage, ice time, injury status – be specific.</i>	
2. <i>Where do I want to be? Be specific – "I don't want to let in anymore soft goals in the last 10-minutes of the game because I lose my focus" or "I don't want anyone I am defending to get a clear shot on net". Remember to make it task oriented, rather than outcome oriented.</i>	
3. <i>What do I need to do to get there? Maybe you need some technical help from a goalie coach or power skating coach. Maybe you have a goalie coach and just need to practice the techniques more. Maybe you need to develop more flexibility and power so you can execute the movements you know will help you stop more pucks. Again, be specific.</i>	

If you need more space, use the back.

Here's What I Need	My First Action Step
<i>Ex. I need to be more agile because I get behind the play too often.</i>	<ul style="list-style-type: none"><i>Two days per week I will spend 10-minutes doing short duration (85) high intensity agility drills emphasizing lateral movement patterns.</i>
1.	
2.	
3.	
4.	