

**GOAL-SETTING PROGRAMME FOR UKSI WORKSHOP**

**Purpose of exercise:** To increase motivation and training efficiency by setting clear goals in order of priority.

**Exercise for:**

**Method:**

**STAGE 1: LIFETIME GOALS**

Write here your lifetime goals for you in this sport, e.g. competitions to win, performance goals, etc. Take at least 5 minutes before going onto stage 2.  
Do not write in the other column.

<b>GOAL</b>	<b>PRIORITY</b>

**STAGE 2: THREE-YEAR GOALS**

Now perform the exercise as before, but this time write in goals for the next 3 years, but don't worry about what you have written above. Take 5 minutes to do this, and again, leave the other columns blank for now.

<b>GOAL</b>	<b>PRIORITY</b>	<b>ACTION STEPS</b>
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