



## Goal Setting Handout

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Write down 3 outcome goals, try to be specific. Then in lines 1 and 2, write two different process goals for achieving that outcome goal. Then in lines A and B, break those process goals down into more specific tasks, drills, actions, etc. Be specific on these as well (timeframe, reps, etc)

Outcome Goal #1 \_\_\_\_\_

1.
  - A.
  - B.
2.
  - A.
  - B.

Outcome Goal #1 \_\_\_\_\_

1.
  - A.
  - B.
2.
  - A.
  - B.

Outcome Goal #1 \_\_\_\_\_

1.
  - A.
  - B.
2.
  - A.
  - B.