



Goal Setting Work Sheet

Name: _____ Date: _____

Wisdom from "The Coach of Champions"

*If you don't know where you're going, you will end up some place you don't
what to be. —Bo Porter*

*Set goals so high that you have to grow into the person it takes to achieve
them. —Bo Porter*

List 3 Reasons why you play sports:

1. _____
2. _____
3. _____

List 3 Long-Term Goals:

Note: These goals can be life goals as well as sports goals.

1. _____
2. _____
3. _____

List 3 Short-Term Goals:

Note: These goals can be life goals as well as sports goals.

1. _____
2. _____
3. _____

*The longest line in the world is the line between good and great.
Bo Porter "The Coach of Champions"*

List 3 Characteristics necessary to accomplish your goals:

1. _____
2. _____
3. _____

List 3 Major Weaknesses that can prevent you from accomplishing your goals:

Note: A weakness is something that prevents you from being or giving your very best. Example; poor time management can be a major weakness.

1. _____
2. _____
3. _____

List 3 Major Strengths that will help you accomplish your goals:

Note: Our strengths are those characteristics that help bring out the very best in us. Example; the ability to stay focus can be a major strength.

1. _____
2. _____
3. _____

What is your greatest fear? _____

What is your biggest regret? _____

I get the most satisfaction on the field, court, track or in life when I....

Leadership is important to me because....

As a leader, my biggest responsibility is to....

Thank you for completing Future All-Stars Sports Development Academy Goal Setting Worksheet. Please answer the following questions and email your answers to bo@boporterfass.com.

1. What do you believe is more important to accomplish your goals; setting the goals themselves or focusing on the process it takes to achieve your goals? And why?
2. How do you define commitment and why is it so important to your level of success?
3. Why is overcoming failure so vital to championing your life?
4. What is your END GAME?

Closing wisdom from
"The Coach of Champions"

The greatest accomplishments in life come from an intentional commitment of time, relentless work ethic and fortitude to stay in the fight beyond undesirable results. —Bo Porter

Keep moving forward because the steps behind are already taken. Life will throw us all types of challenges. They are not to slow us, they are to grow us. Press On! —Bo Porter

Champions are champions not because they win but because they stay in the fight until they win! —Bo Porter