



Goal Setting Plan



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A coeur valliant, rien impossible (To a valiant heart, nothing is impossible)

As simple as it seems, it is our experience that the primary reason most people fail to achieve their goals is that they simply never decide to achieve them.

Choice is the beginning of all journeys, and as with all first steps, it is the most important step of all. It is also the easiest. As others have noted: "Championships begin with a state of mind and with definiteness of purpose." There is something remarkably powerful about that choice and commitment. Commitment to a plan or thought carries with it a force that can influence the unconscious mind and bring about the desired effect. In other words, once we decide to achieve something, the mind unconsciously begins to create the reality necessary to bring to pass what we desire. The opposite is true as well. If we believe that we can't do something, we can't. If we think we will fail, most likely we will.

To illustrate the power of commitment, try this simple experiment. Take a piece of string and tie it to a key. Hold one end of the string with your clenched fist, dangling the key in front of you. Now look at the key and mentally tell it to rotate clockwise. Don't move your fist; just watch the key. It will begin to move in the direction you desire. Then desire the key to stop. Then tell it to change its direction and rotate counterclockwise.

The key's movement seems almost mystical, but what you are really seeing is your body moving in almost imperceptible ways to grant your desire. What you have desired to happen is, in fact, happening.

To that end, you need to realize that it is within your power right now to take the first step to achieving your goal. Decide right now to achieve it and declare your intention by saying it aloud, then writing it on a card.

Today I decide to achieve my goal

Put that card on your nightstand or next to your toothbrush. Look at it and read those words every morning when you get up and every evening when you go to bed. Keep a copy of it in your wallet. Do this from now until you reach your goal and then congratulate yourself. You have made a life changing commitment to being successful.



“Living without a goal is like shooting without a target.” **(Ben Franklin)**

Success is a journey we all take. In order to thrive on that journey, we have to have a clear view of what success is, what it is not, and what it will take to achieve it.

You become what you plan. You are at this very moment exactly what you have planned to be; nothing more, nothing less. If you want to change or get better, you must plan and you must do it right! Planning is setting goals. The common denominator of every successful person is that they set specific goals and devised a plan to achieve those goals.

Yale University produced a study of graduates who had been out of school for 20 years. Three percent committed their goal to writing and changed them as they went along. Ten percent knew what they wanted to do with their lives but did not write their goals down. Eighty-seven percent never bothered to write down their goals because they had not yet thought them out. The result? The three percent had achieved more than the ninety-seven percent combined.

Goals give you a destination, a map, directions to get there from here, and let you know when you get there. Goals are not be confused with dreams. Dreams are fantasies which require no action; Goals must be acted upon.

Goals must be both realistic and worthwhile. Realistic so that the goal will be challenging, but reachable; Worthwhile so that when you reach the goal you are proud of having done it

So how do you set a plan to achieve your goals? Below we walk you through the steps you need to do



1) Step 1: Decide What Your Goals Are

- a) Be detailed, be clear, and include your deadlines.
- b) Limit your goals to 3 things at a time.
- c) Set short term and long term goals for each part of your goal.
- d) For example, pick 1 Lacrosse, 1 Academic and 1 Strength goal.

- e) **Lacrosse Goal**
 - i) Short term goal - *e.g. learn to do an inside roll*
 - (1) How I plan on achieving it
 - ii) Long term goal - *e.g. learn 5 new dodges*
 - (1) How I plan on achieving it

- f) **Academic Goal**
 - i) Short term goal – *e.g. Pass my math test next week*
 - (1) How I plan on achieving it
 - ii) Long term goal – *e.g. Get an A in Algebra*
 - (1) How I plan on achieving it

- g) **Strength Goal**
 - i) Short term goal – *e.g. Bench press my body weight*
 - (1) How I plan on achieving it
 - (a) I will go to the gym 3x a week
 - (i) I will do 3 sets of 10 bench presses each time
 - (ii) I will do 3 sets of 10 chest fly's each time
 - (b) I will do 50 pushups a day.
 - (c) I will set up multiple short term goals focusing on weights leading up to 225
 - ii) Long term goal - *e.g. Bench press 225*
 - (1) How I plan on achieving it

- h) Ask yourself some questions about your goals.
 - i) *What* do you need to do to achieve them?
 - ii) *Who* will need to assist you?
 - iii) *When* will each stage of your goal need to be accomplished?

2) Step 2: Write Your Goals Down

- a) Put your goals down on an index card.
- b) Writing them down tends to make them feel a little more real. Keep your list in a place where you can reference them frequently. This will help keep you motivated.
- c) Word your goals positively. You're much more likely to achieve your goals when they are worded in positive ways, such as "Eat more fruits and vegetables" instead of "Stop eating junk food." another example of this is "Exercise more often" instead of "Sit around less."



3) Step 3: Check to Make Sure Your Goal Is Measurable.

- a) When we talk about goals, we always emphasize that they must be measurable. You need to be able to quantify what you want to accomplish – things such as starting, 20 wins, or 60 goals. Do not apologize for having big goals. We want you to set specific measurable goals related to the lacrosse portion of your lives. Along the way we want you to understand what it is going to take to achieve those goals – the difficulty of the challenge, and the characteristics of a champion. How will you know when you've completed a goal? If you cannot measure your goal you can not accomplish it.
- b) For example, if your goal is to become a better singer, how will you know when you've reached it? Instead set a goal of memorizing a new song or hit a new note.

4) Step 4: Make Sure Your Goal Is Specific

- a) Be specific and realistic about what it is that you want to achieve. Research shows that setting a specific goal makes you more likely to achieve it and can even make you feel happier in general. Be as specific and detailed as possible, remembering that you may need to break large goals into smaller sub-goals.
- b) For example,
 - i) "Be healthier" is too big and vague to be a helpful goal.
 - ii) "Eat better and exercise more" is better, but it's still not detailed or specific.
 - iii) "Eat 3 servings of fruit and vegetables a day and exercise 3 times a week" is specific and concrete, making it much easier to achieve.

5) Break down All the Steps to Get There

- a) Brainstorm ways of attaining your goals. Are there different ways to reach your goal? Write everything down that you can think of in three minutes, no matter how silly or impossible it may seem. If your goal is to get in shape, you might try joining a gym, eating differently, adjusting your daily schedule to incorporate more walks, bike rides to work and back, making your own meals rather than eating at fast food joints regularly, or even taking the stairs rather than the elevator. There are often multiple routes to the same destination. Think about your goal as a final destination. What route or routes can you take?
- b) If your goal is to bench press 225 lbs then break it down into many smaller goals
 - i) I will bench press my body weight of 150 pounds
 - ii) I will bench press 175 pounds
 - iii) I will bench press 200 pounds
 - iv) Since your bench press strength is also a function of your tri-cep strength you will have to add goals for that muscle also
 - (1) I will tricep curl 50 pounds
 - (2) I will tricep curl 65 pounds
 - (3) I will tricep curl 80 pounds
- c) To Achieve this:
 - i) I will go to the gym 3x a week
 - (1) I will do 3 sets of 10 bench presses each time
 - (2) I will do 3 sets of 10 chest flies each time
 - ii) I will do 50 pushups a day.
 - iii) I will set up multiple short term goals focusing on weights leading up to 225



6) Make Sure Your Plan To Achieve Your Goal Includes Deliberate Practice

- a) It's activity that's explicitly intended to improve performance, that reaches for objectives just beyond one's level of competence, and provides feedback on results and involves high levels of repetition.
- b) For example: Simply hitting a bucket of balls is not deliberate practice, which is why most golfers don't get better. Hitting an eight-iron 300 times with a goal of leaving the ball within 20 feet of the pin 80 percent of the time, continually observing results and making appropriate adjustments, and doing that for hours every day - that's deliberate practice.

7) Set a deadline

- a) We all procrastinate. It almost seems like a natural human quality, but when a deadline is approaching, you'll work harder to obtain your goal. Think about being in school. When a test was coming up, you knew you needed to study, and you did. Setting goals for yourself should work the same way too. [\[11\]](#)

8) Be Realistic

- a) Keep your goals grounded in reality. It's okay to have aspirational goals, but you need to know exactly what to do to get you there.
- b) For example; if your goal is to lose weight, a goal of losing 10 pounds in 90 days is realistic. A goal of losing 50 pounds in 30 days is not

9) Tell people about your goals.

- a) Publicly announcing your goals increases the chances of success. When you tell everyone that you're going to jog every day, then you feel the pressure of having to follow through on your goal, or otherwise let everyone down.
- b) Some people shy away from letting others in on their life goals. They fear that if they fail, they'll be ashamed. Don't think of it this way. Think of it as allowing yourself to be vulnerable, without which you can't connect with others or grow personally. Others can help you reach your goals, they can offer physical assistance, or just give you the necessary moral support.
- c) You may encounter others who do not support your goals. Remember that you're working on your goals for *you*, not for anyone else. If you constantly meet with negativity from someone about your goals, then stop telling them to that person.

10) Read Out Your Goals Every Morning

- a) Every morning the first thing you need to do is to read your goals out loud. You can do this while you are still at home. Do this consistently; do this every single day; and don't miss a day for this. You want to program your mind so that your goals are the primary focus of your life. You want to make this a habit that you will constantly remind yourself about your goals, and hence, take action upon them.
- b) Get seriously committed to this and do it every day. This technique of programming your goals into your mind is free and it will not take much of your time.

11) Review Your Goals Each Week

- a) At the end of each week, you need to review your goals and your results. What have you accomplish and where do you currently stand. Without knowing your score, you will never know where would be, and if you do not know where you are, it will be impossible for you to get there. Most people set their goals once and they never really review them anymore. This is wrong!
- b) You have to review your goals at least once a week. Find out whether the actions you did are getting you the result you want. If not, just change your strategy and take action again. Sometimes your strategy will just have to change as it is not producing you the results you want. Bear in mind that I'm saying that you may change or improve your strategies, but never abandon your goals.