Goal Setting Worksheet

Goal Setting is important, as it provides a purpose to your every day riding and training. Goals help you focus and challenge you to work harder for continuous progress. You should set reasonable short and long-term goals that are achievable.

Name: _____

My Goals for 2009 are:

_____

_____

_____

_____

_____

To reach my short-term goals I need to:

1. _____

2. _____

3. _____

My problem areas I'd like to focus on are:

1._____

2. _____

3. _____

My Long-term goals are:

_____

_____

_____

_____