

Goal Setting Worksheet

My performance goal...

Set a goal for your performance that is *Specific, Measurable, Attainable, Realistic, and Positive* (e.g. *I will place in the top 50% of my competition*).

Date I will achieve this goal...

Three things I will do to achieve this goal...

What specific actions will I take to ensure I am successful? (e.g. *I will practice 1hour every day and focus on turnout and cross*)

Obstacles that may get in my way...

List some obstacles that could prevent me from achieving my goal (e.g. *time, self confidence*).

Strategies to manage obstacles...

What specific actions will I take to manage the obstacles I identified?

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My skill goal...

Set a goal to improve a specific dance skill that is Specific, Measurable, Attainable, Realistic, and Positive (e.g. I will improve my back trebles so they are crossed, and I hit every one I do).

Date I will achieve this goal...

Three things I will do to achieve this goal...

What specific actions will I take to ensure I am successful? (e.g. I will drill my back trebles with Rose to make sure I don't miss any)

Obstacles that may get in my way...

List some obstacles that could prevent me from achieving my goal (e.g. time, self confidence).

Strategies to manage obstacles...

What specific actions will I take to manage the obstacles I identified?

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