

Week 6: Rock Your Walk Up Song

1. Why am I playing this sport?

2. What do I enjoy about it and how do I keep that joy and love of the game?

Do I need to make changes in...

...my thoughts?

...my attitude?

...my motivation?

...my schedule?

...my goals?

...my relationship with my family...team...coach...?

3. What are my S.M.A.R.T. goals to help me get from point A to point B?

Specific

Measurable

Achievable

Realistic

Time-bound