

JWK Goal Setting Worksheet

Mental Performance Training

Wish/Goal:

You really want it

You are in control of it

It is a challenge

Critical Characteristics

**Characteristic Current level
(1 to 10)**

Goal

What are you going to do to reach your wish

Updates

date:

date:

date:

date:

date:

-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-
-