



Goal Setting

Amarion
Watson

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Amarion nice work,
Stay committed
to your Goal.



Step 1: Identifying a Goal

Write your specific goal. My goal is to go to the NBA

Goal Checklist (SMART)

- Is the goal specific?
- Is the goal measurable?
- Is the goal attainable?
- Is the goal realistic?
- Is the goal time phased?

Why is this goal important to me? How will this goal help me? Going to the NBA is important to me because ill be rich and being rich will help me move my family out the hood and to a better/ safer place. I could also get my mother to retire and live her best life.

Who will I share my goal with for feedback and to help keep me on track?

My mother, grandma, granddad, uncle, auntie, and my pups

What healthy activity will I do to celebrate when I reach my goal? I really don't know because if I do make it to the NBA I'll probably be partying and turning up.



Step 3: Barriers/Solutions

As you are working on your goal, you may experience barriers that may keep you from reaching your goal. Write some of the barriers down and what some solutions might be so you can continue with your goal.

Barrier: Laziness

Possible Solution: Stop being lazy

Barrier: PSY

Possible Solution: All I want to do when I'm home is play the game and if I was to stop playing the game I could put those hours I spent on the game and do basketball drills to make me a better player than I already am.

Barrier: Not being big or notice because of who I am

Possible Solution: There's a lot of people who were born with fame and an image like Bronny James because of Lebron James. See me I have no famous family members so I wasn't born with spotlight but I can still earn it with hardwork.