

# How to set Great Goals for 2025

## DID YOU KNOW?

Just 9% of NY resolutions are kept, only 23 % make it past the first week and 43% quit by the end of January? Think about it... have you ever kept a New Year's Resolution?

Generally speaking, NYRs are pipedreams with little to no organization, whereas GOALS have a plan attached, and right there is the difference between achieving, or forgetting, your goal.

## SETTING GOOD GOALS

**Choose your goal carefully**, and make sure it's really hard (but not impossible).

Always ask yourself these 4 things before you make your decision:

- 1) Why do I really want this?
- 2) Does it align with my other pursuits and goals?
- 3) Do I have the tools and resources to chase this goal, and if not, can I reasonably get them?
- 4) Does it matter enough to make me want to put in the time over days, weeks or months?

If you aren't able to put in the time, maybe it wasn't really worth going after.

**Write out your goal and publish it.** That may mean putting it on the fridge, posting it on Facebook... anywhere where people will see it, but most importantly, put it somewhere YOU will keep seeing it every day - on your desk, by your bed, on the back for the front door. You know where that place is

## CREATING THE PLAN

**Set a genuine deadline:** Be realistic with your target dates and allow yourself flexibility if something needs adjusting along the way.

**Outline the steps** you need to take to achieve your goal. This is the most important piece in your success and takes some careful thought. Split your goal into three 'projects', then figure out what 'tasks' lie under each project heading that would make your success inevitable.

Eg. **GOAL** - Pass Gold Singles Test, **3 PROJECTS** - 2 Axel, Cardio stamina, Ballet skills, **TASKS** - a list of essential actions to make the success of each project inevitable like running regime, perfect backspin...

**Figure out a workable calendar** and stick to it. Every time you hit the ice, have your task list in your head and work towards your goal, even if it's just 15 minutes.

**Track your progress:** Set aside a regular time each month to look over your projects, to check off completed tasks, to decide if you need to adjust or change course, and to assess what is working for you and bringing you closer to your goal.

**Find an accountability partner:** this might be your coach, a skater friend, it has to be someone who you trust and know wants you to succeed. You can be their accountability partner too.

**Manifest success:** In your mind, imagine yourself doing 'the thing' successfully - see yourself do it.

**Reward yourself:** Plan your celebration/reward ahead of time and follow through when you have made it to your goal.



# Worksheet

## THE ULTIMATE GOAL

Start:

**3 PROJECTS**

1 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### TASKS TO MAKE SUCCESS INEVITABLE

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End:

**ASK YOURSELF**

WHY DO I WANT THIS?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

MY WEEKLY ICE SCHEDULE?  
 \_\_\_\_\_

MON \_\_\_\_\_

TUES \_\_\_\_\_

WED \_\_\_\_\_

THURS \_\_\_\_\_

FRI \_\_\_\_\_

SAT \_\_\_\_\_

SUN \_\_\_\_\_

MY ACCOUNTABILITY PARTNER IS...  
 \_\_\_\_\_  
 \_\_\_\_\_

EXTRA TOOLS AND RESOURCES FOR SUCCESS  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

OBSTACLES TO OVERCOME  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

HOW WILL SUCCESS MAKE ME FEEL?  
 \_\_\_\_\_  
 \_\_\_\_\_

MY REWARD!  
 \_\_\_\_\_

