

Now Body Wellness: Goal Setting Worksheet

The purpose of this worksheet is to help you identify a goal and help you assure that it is Specific, Measurable, Attainable, Realistic, and Timely. This worksheet will also help you identify obstacles and find ways to overcome potential barriers.

Goal:

To get my spiral higher and closer to the splits.



What needs to be met in order to achieve my goal?



Physically

- Increase flexibility by stretching
- Increase strength in my back, abdomen, and hips too be able to lift my leg higher



Mindset/Mentally

- Overcome my fear of tripping over my toe pick during my spiral



On the Floor/Ice

- Practice my spiral on the ice everyday



Obstacles

- Soreness



Obstacles

- Fear!



Obstacles

- Finding space on busy public sessions
- Taking time away from practicing my jumps

How do I address these obstacles head on?

Physically:

- Stretch every day for X minutes and work on strengthening my back, abdomen, and hips with the exercises my coach showed me X times /week.

Mentally

- Remind myself that falling is a normal part of learning how to do something new.
- When I hear that voice saying “Careful, you’re gonna fall!” replace it with task-oriented statements (e.g., *Arms strong, straighten leg, stretch torso forward*).
- Remind myself that it’s about progress, not perfection.

On the Ice/Floor

- Set aside 5 minutes to practice spirals and remind myself that skating skills are just as important as jumping and spinning.



Who will support me and how?

- My coach – instruction and feedback on how to improve
- My skating friend who also wants their spiral higher – moral support and encouragement
- Stretching bands – for stretching



I will track my goal/progress by every week I will take a picture of my spiral on the ice.

I will know I’ve achieved my goal when: my legs are 165°- 180°.

I will check in on every Wednesday to assess my progress.

I will reach my goal by: this September
(date)

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Goal:



What needs to be met in order to achieve my goal?
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Physically



Mindset/Mentally



On the Floor/Ice



Obstacles



Obstacles



Obstacles

How do I address these obstacles head on?



Who will support me and how?



I will track my goal/progress by _____.

I will know I've achieved my goal when: _____.

I will check in on _____ to assess my progress.
(date)

I will reach my goal by: _____.
(date)



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