

CLUB GOAL SETTING

HARD Goal Setting	
Heartfelt: <i>How is your goal personally meaningful? Why do you want to achieve this goal?</i>	
Animated: <i>What will it look like when you achieve your goal?</i>	
Required: <i>How will this goal help you progress in the skill you are working on?</i>	
Deadline: <i>When do you want to meet your goal? What is the due date?</i>	