

# START GOALS AND M.O.'S

Name \_\_\_\_\_

Date \_\_\_\_\_

**Specific:** Be sure to make your goal as specific as possible, so when another person reads it, they know exactly what you're striving for. Ex. "I will read 2 books this month," or "I will increase my bench max by 10lbs. in 2 months."

**Test:** Your goal **MUST** be measurable! I underlined the "testing" in the following examples. "I will read 2 books this month," or "I will increase my bench max by 10lbs. in 2 months." The test: Did I read 2 books this month? Did I increase my bench max by 10lbs.?

**\*Action:** The most important step! What actions will you take to achieve your goal? These are mandatory operations that align with your goals. The actions must be a "controllable." I highly recommend DAILY execution of these operations. This step is continued on pages 2-3 of this worksheet.

**Radical:** Your goal should be something well beyond your perceived reach. Most people will tell you the "R" stands for reachable. We will NEVER unleash our potential by aiming for what's in reach. Think beyond your reach! If you want to lose 10 lbs. aim to lose 25. If you want to make \$100k a year, shoot for \$800,000. This way, even if you only get half way to your goal, you still won. And you won BIG!

**Time:** Your goal must be "Time Based." Simply put, when do you want to achieve this goal? Set a specific date. Ex. "I will read 2 books in the month of March of 2023." "I will bench 200lbs by June 1<sup>st</sup>, 2023."

**Example 1:** By the end of the school year, June 10<sup>th</sup>, 2023 (**T2**), I will have an A+ (**T1,S,R**) in geometry (**S**). I currently have a C. I will achieve this by completing my geometry homework every day, by completing 5 extra practice problems per assignment. (**A**)

**Example 2:** By January 1<sup>st</sup> of next year(**T1**), I will be making \$60k a month (**S,R,T**). I currently make \$15K a month. I will achieve this by making 100 sales calls a day instead of my current 25 (**A**) average calls per day to prospective customers.

Goal #1- \_\_\_\_\_

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Cont.

Goal #2- \_\_\_\_\_  
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\_\_\_\_\_  
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Goal #3- \_\_\_\_\_  
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Goal #4- \_\_\_\_\_  
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Goal #5- \_\_\_\_\_  
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\_\_\_\_\_

# START GOALS AND M.O.'S

## Mandatory Operations (M.O.'s)

Week 3/31-4/6

|   | Must Do's   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|-----|-----|------|-----|-------|-----|-----|
| 1 | Complete a heavy lifting workout                            |     |     |      |     |       |     |     |
| 2 | Run 10 Hills  |     |     |      |     |       |     |     |
| 3 | Watch 30 minutes of film of an elite athlete at my position |     |     |      |     |       |     |     |
| 4 | Catch 100 passes  |     |     |      |     |       |     |     |
| 5 | Study playbook for 20 minutes                               |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

Week 4/7-4/13

|   | Must Do's   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|-----|-----|------|-----|-------|-----|-----|
| 1 | Complete a heavy lifting workout                            |     |     |      |     |       |     |     |
| 2 | Run 10 Hills  |     |     |      |     |       |     |     |
| 3 | Watch 30 minutes of film of an elite athlete at my position |     |     |      |     |       |     |     |
| 4 | Catch 100 passes  |     |     |      |     |       |     |     |
| 5 | Study playbook for 20 minutes                               |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

Week- 4/14-4/20

|   | Must Do's   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|-----|-----|------|-----|-------|-----|-----|
| 1 | Complete a heavy lifting workout                            |     |     |      |     |       |     |     |
| 2 | Run 10 Hills  |     |     |      |     |       |     |     |
| 3 | Watch 30 minutes of film of an elite athlete at my position |     |     |      |     |       |     |     |
| 4 | Catch 100 passes  |     |     |      |     |       |     |     |
| 5 | Study playbook for 20 minutes                               |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

Week- 4/21-4/27

|   | Must Do's   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|-----|-----|------|-----|-------|-----|-----|
| 1 | Complete a heavy lifting workout                            |     |     |      |     |       |     |     |
| 2 | Run 10 Hills  |     |     |      |     |       |     |     |
| 3 | Watch 30 minutes of film of an elite athlete at my position |     |     |      |     |       |     |     |
| 4 | Catch 100 passes  |     |     |      |     |       |     |     |
| 5 | Study playbook for 20 minutes                               |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

# START GOALS AND M.O.'S

## MY M.O.'s

Week 3/31-4/6

|   | Must Do's | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----------|-----|-----|------|-----|-------|-----|-----|
| 1 |           |     |     |      |     |       |     |     |
| 2 |           |     |     |      |     |       |     |     |
| 3 |           |     |     |      |     |       |     |     |
| 4 |           |     |     |      |     |       |     |     |
| 5 |           |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

Week 4/7-4/13

|   | Must Do's | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----------|-----|-----|------|-----|-------|-----|-----|
| 1 |           |     |     |      |     |       |     |     |
| 2 |           |     |     |      |     |       |     |     |
| 3 |           |     |     |      |     |       |     |     |
| 4 |           |     |     |      |     |       |     |     |
| 5 |           |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

Week- 4/14-4/20

|   | Must Do's | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----------|-----|-----|------|-----|-------|-----|-----|
| 1 |           |     |     |      |     |       |     |     |
| 2 |           |     |     |      |     |       |     |     |
| 3 |           |     |     |      |     |       |     |     |
| 4 |           |     |     |      |     |       |     |     |
| 5 |           |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

Week- 4/21-4/27

|   | Must Do's | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|-----------|-----|-----|------|-----|-------|-----|-----|
| 1 |           |     |     |      |     |       |     |     |
| 2 |           |     |     |      |     |       |     |     |
| 3 |           |     |     |      |     |       |     |     |
| 4 |           |     |     |      |     |       |     |     |
| 5 |           |     |     |      |     |       |     |     |

My wins for the week were:

I learned:

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