

GOALS BUILD DREAMS



Instructions

- Write your goal in the center of the wheel.
Pick a goal in one area of your life:
(school, sport/physical activity, social/family).
- Write the ingredients to achieve your goals in the spokes.
- Write the reasons for your goals below the wheel.
- Who will help you achieve your goal?
- What obstacles will you face and how will you overcome them?

A. Thomas Barr

Goal: Olympic 400m Hurdles

C. WHY THOMAS RUNS:

It's fun
Put your hard work to the test
Break a personal best and for personal satisfaction
The adrenaline rush
When races go well it's exhilarating and addictive
When races don't go to plan, I want to correct the mistakes
I want to represent and win medals for my country
I want to make all the people who support me proud

D.



Coaches
Physio and massage therapist
Training group
My managers / agents
Athletics Ireland and Sport Ireland
The Olympic Federation of Ireland
Sponsors

E.

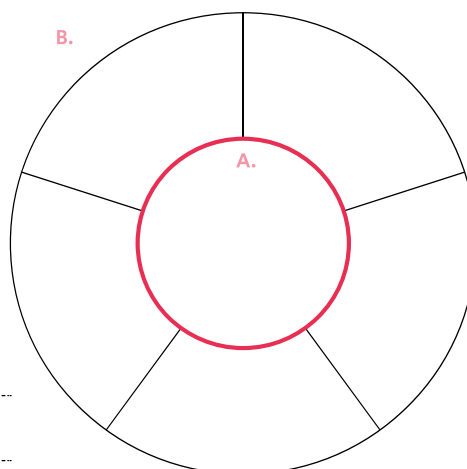


Injury
Illness
Bad weather
Low motivation
Outside pressure to perform
Work/life balance
Nerves before races

CHALLENGE

Fill out your own goal wheel.

My Goal



D.

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E.

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C. **Why:**

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