

Objective: to set short-term goals and sign a contract to add magnitude

Exercise 1: Set two short-term goals- something you're trying to accomplish in the next 1-3 years. These goals will motivate you on a regular basis because they will occur in the near future.

6 month goal:

Wrestling	School	Life

1 year goal:

Wrestling	School	Life

Signature

Date

When you see this reminder on your body or in your pocket you will remember to stay focused on your goal on and off the mat. It will raise your awareness and act as a compass when you are making decisions (will this option bring you closer or further away from your goal?).

Exercise 2: You will now carry a reminder of your goal on you at all times to remind you on a daily basis of the goal you have committed to here. Strong examples are: Wristband, Necklace, Written Paper in your pocket

Reminder that you will keep on you at all times:

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