

THE 6-STEP APPROACH

Goal setting is important, but what's more critical is taking the right action steps towards achieving your goals. This is our simple 6-Step Approach to reaching your targets.

STEP 1: TARGETS

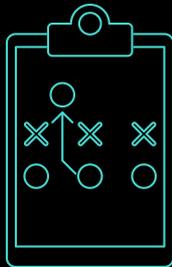


What do I want?

A Target is something specific that you are trying to do or achieve. It is also known as an **outcome goal**. You decide what is important for you to make, or do, or become. If a realistic expectation is to win a championship – that may be a team target. If you want to crack the starting lineup on a particular team – that may be a personal target.

Q: Do I have specific Targets identified to get me closer to my intended purpose?

STEP 2: TACTICS



What will I do?

A Tactic is a means used to gain an objective. Also known as a **performance goal**. A specific procedure for promoting a result. What specifically are you going to do? There are many ways to accomplish a task, so be creative, and have fun. A critical mistake in the planning process, is not to find something in the tactics that you enjoy!

Q: What are some creative Tactics I can use to reach my Targets?

STEP 3: TECHNIQUES



How will I do it?

A Technique is a skillful or efficient way of achieving something. These can also be referred to as **process or learning goals**. Focusing on improving each small step, helps take the pressure off reaching the larger target. Techniques include specific skill-sets required to achieve the larger target.

Q: Do I know how to execute the technique? How can best I learn and practice the technique?



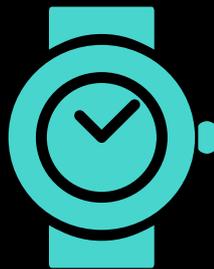
STEP 4: TEAMS

Who can help me?

A Team is the system of support in place to help you achieve your targets. Teamwork is vital, as it is rare to have long-term success when you go it alone. The great part is, you pick your team.

Consider recruiting a **coach** or a mentor to help guide you and to hold you accountable. Most people are very happy to help someone else achieve a goal, and all we have to do is ask.

Q: What resources do I have? Am I using all the resources available to achieve my goal?



STEP 5: TIMES

When will I do it?

These are the scheduled blocks of time, and specific **deadlines** set to achieve your targets. Allot the time according to what actually works for you.

Don't wait for the perfect moment. When you have an important deadline to meet, you typically get it done! One of the most effective ways to form good habits is to set strict deadlines for yourself. If you find yourself putting things off – set the deadline closer.

Q: When am I going to do (insert priority Target here)?



STEP 6: TRACK

How can I see my progress?

Create a spread sheet, journal or some other tracking system that allows you to monitor your progress. If you have a partner, coach or teammate that you can do this with, all the better. Post it somewhere you will see it daily.

Remember to **celebrate** small accomplishments and "wins" along the way!

*Q: How will I know when I get there?
What milestones will I celebrate along the way?*