

GET READY, TAKE AIM AND FIRE!

PART 1: WHO ARE YOU AS A TENNIS PLAYER?

As a tennis player I want to be known as (to be stated in the positive and in the present tense):

PART 2: OUTCOME GOALS:

Over the next _____ (years, months) I want (and/or need) to achieve the following competition outcome goals:

1.

By _____ Importance _ /10

I am: Certain Very Confident Quite confident Not that confident Not confident at all

2.

By _____ Importance _ /10

I am: Certain Very Confident Quite confident Not that confident Not confident at all

3.

By _____ Importance _ /10

I am: Certain Very Confident Quite confident Not that confident Not confident at all

The most important reasons why I want to achieve these goals are:

PART 3: PERFORMANCE GOALS

Moving from Outcome to Performance:

In competition I will commit to these things in order to maximise my chances of achieving my outcome competition goals above:

I will

I will

I will

I will

PART 4: PROCESS GOALS

Focusing on Process in Practice:

In practice I will focus on the following things to give myself the best chance of achieving my competition performance goals.

1. In my practice I will

2. In my practice I will

3. In my practice I will

4. In my practice I will

PART 5: DETERMINATION

These are some possible distractions and excuses to me striving to achieve my goals and how I could get over them:

Possible obstacles

1.

2.

3.

Solutions

1.

2.

3.

PART 6: THE 'NOW' GOAL

I am now ready to act. I realise that committing myself to begin at a precise time will increase my emotional fuel and so help me convert my dreams into reality.

I will start today at

(time) by

PART 7: SEAL THE DEAL

I can achieve my goals and I will commit myself right now to achieving them.

Signature (Player)

Date:

Signature (Coach)

Date:

Signature (Parent)

Date:

Signature (fellow player)

Date: