

Name: _____

Date: _____

Goal setting

V E A I G T E D E B Q S Y J I Z C E B Y T P B V
M Q C I G Y Q M M U Y G Z D R P R E C O R D E D
I K W I P W R K S U E A P O P V Z D Y L K A C S
H E Y V A P C I F I C E P S K U Z M H H H T X W
V O Y E X D T C N F Q W R T R A M S G C E A R X
F I M O P T I M I S E P E R F O R M A N C E E Z
L E L B A V E I H C A Q P U W M H T R D M X H M
V O P L N O I T N E T T A S E S U C O F E S F E
V Y T C C W D B S M B B L K S T L D X R R P M A
B Y W K V U O B C T I H J E B T H A C S K Y H S
Q N R B E W D Z Q T I S R N T O T I P Y S P U U
V Z A E K V B P D Z T T K V C R S B C F R V T R
E Y S D W X H T P I S G Y A T E A R H J M G G A
D D D N I M Q V M S E B V W A W G X Z D J S K B
O T F M J D I E E Q A R Y D Q M W K B Q M W U L
U S C X O I S C L V V Z H C O U Z L P C S Y Q E
T I Q V N C U M T Q A E Y A K K W R U Q Q Y D H
B L J N A D E S J H R G Z H Y E O W Y L C F L M
R Y G L E X N G E E L C J M H J V T Q E I K Q E
V N E R G T Q Y N M W I O V S L S Q Q E C K O O
J M P V Z H B C O N T R O L S A N X I E T Y B N
D R Z K Z O E Z P I O Q H M O K N I I Y K A I L
J H O F F S L S N T Y F Q Z D B Z D V Q W C Z X
J F E N O I T A V I T O M S E S A E R C N I Q A

optimise performance

increases motivation

exercise adherence

focuses attention

controls anxiety

reduces stress

Achievable

Measurable

Timescale

Recorded

Specific

SMART