

**BRIGHTON GIRLS XC GOALS**  
***commitment\*pride\*ownership\*focus***

Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.

**Mario Andretti**

Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.

**Tom Landry**

If you want to reach a goal, you must 'see the reaching' in your own mind before you actually arrive at your goal.

**Zig Ziglar**

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Current Personal Record\_\_\_\_\_

Current Season Best\_\_\_\_\_

Goal Time this week\_\_\_\_\_

3 non time related goals for the season:

Goal Time 3 weeks\_\_\_\_\_

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Goal Time Conference\_\_\_\_\_

\_\_\_\_\_

Goal Time End of Season\_\_\_\_\_

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3 ways you will work toward these goals at home:

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\_\_\_\_\_  
\_\_\_\_\_

3 ways you will work toward these goals in practice:

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\_\_\_\_\_  
\_\_\_\_\_

3 ways you will work toward these goals in races:

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\_\_\_\_\_  
\_\_\_\_\_

Teammates you plan to help and work with along the way:

\_\_\_\_\_

Team goals and how you plan to help achieve them:

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\_\_\_\_\_  
\_\_\_\_\_