



Setting goals can be a great way to challenge yourself and work towards something exciting! Set yourself up for success by making your goals **S.M.A.R.T** and sharing them with a friend, coach, or parent.

Specific, **M**easurable, **A**chievable, **R**elevant, **T**imely

SWIMMER NAME: _____ **Date:** _____

Specific: What goal do you want to accomplish?

Measurable: How will you measure your goals progress? What can you do to work towards your goal? (List some action items)

Achievable: Is it possible? Have others done it successfully? Will meeting this goal challenge you without defeating you?

Relevant: What is the reason, purpose, or benefit of accomplishing your goal?

Timely: When will you complete your goal? Set yourself a deadline.

“You can’t put a limit on anything. The more you dream, the farther you get.” - Michael Phelps