

4th Quarter Athletes: Homework

Based on our discussion in Session #1 – What “high level aspirations” do you have and how do you plan to fulfill them? Below is an approach to help you notice your various interests or engagements or think through some new ones; think them through in more detail; and then to “commit” to achieving a high level of excellence ... Feel free to create more than one “project”....

Develop “Self as Project” Plan

1. Complete a “Current State” Status review:

What do I want?

Need?

Desire?

Wish for?

Want to get rid of?

What have I been missing or avoiding or ignoring?

Where’s my secret passion?

2. Set New Life Goals

Record dreams, wishes and ideas.

Shape them into specific intent –

What will I do?

When?

With what resources?

What do I need to learn?

What could be the possible results?

3. Define Steps to Achieve Goals – what will it take to get there?

- **Long Term – Milestones**

- **One Year** - *What do I want to achieve within a year?*

- **Quarterly** – *What will I achieve at the end of each 3 month period?*

- **Short Term – Actions**

- **Monthly.** *What will I achieve each month*

- **Weekly**

- **Daily**