

# Goals Commitments 2020-21

Name \_\_\_\_\_

FINA age \_\_\_\_\_

Making commitments during COVID training (where every day is a new reality with an altered set of rules and schedule changes) will lead me to my goals because right now I can only control what I commit to.

🔍 What commitments have I made during COVID thus far and what have they done for me? Have I followed through with my commitment(s)? Why or why not?

👁️ Do I have any commitments regarding visualization, breathing, nutrition, Athlete Warrior topics, anxiety, process, video analysis, meditation, fear or any other psychological / emotional topic we learned about during virtual training?

🏋️ Do I have any physical, technical, strength, mobility, spotting, flexibility, posture, or balance commitments?

🤝 Is there anything I want my coaches to know about me or any other commitments that I have made?

📅 Committing to one small daily goal (SDG) is taking one deliberate step forward every day or 365 steps/year!



“If you want to be successful, be consistent”

