

Commitments

As we embark on the beginning of a new sports season, coaches and athletes across the country start to map out yearly goals. Depending on the season of the year and sports team, goals may very well vary. For some teams, the ultimate goal may be to win a state championship. However, for other teams, the goal may simply be to be competitive in their athletic contests.

Regardless of what we hope and aspire for during the season, any goal without a plan is still simply just a goal. In order to achieve our goals, whether we might be the coach or athlete, commitments need to be made in order to achieve our goal(s) for the season.

Our result goals and commitments are like telescopes and microscopes. The telescope allows you to see the big picture-whether one year, two years, or four years down the road. Consider your telescope peering into your vision for the future, however far away that may be.

The microscope helps you zoom in and focus on what you need to do today to realize the big picture in the telescope. If you just had a telescope and no microscope, you would have vision without execution, which leads to nothing.

If you had a microscope without a telescope, you would likely lose site of the big picture. Frustration would set in by the challenges of the day. Together, the telescope and microscope provide you with the right combination of inspiration and action to create your future.

What are your telescope goals for the upcoming season? You can include post-graduate telescopes as well.

- 1.
- 2.
- 3.



Achieving these telescope goals are important to you because?

Microscopes—What will you need to accomplish daily/weekly/monthly in order to positively reach your telescope goal(s)? These are your commitments.

Telescope 1:

A.

B.

C.

Telescope 2:

A.

B.

C.

Telescope 3:

A.

B.

C.

Who can hold you accountable when pursuing your microscope goal(s)? How will this person assist you in maintaining your focus throughout the season?

