

THE
SIDELINE
GOALS
“P.R.E.P.-WORK”
WORKSHEET

GOAL P.R.E.P.

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GOAL P.R.E.P. – “P.R.E.P.-ping” to Set S.M.A.R.T Goals for Success

Top-level athletes, successful business owners, entrepreneurs and achievers in all fields set goals. Setting goals gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the very most of your life.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals, and you'll see forward progress in what might previously have seemed a long pointless grind. You will also raise your self-confidence as you recognize your own ability and competence in achieving the goals that you've set.

Importance of Goal Setting

What you get by achieving your goals is not as important as what you become by achieving your goals.

- Zig Ziglar

Below are a few key reasons why goal setting is so important:

- Goals give you clarity on your end vision or purpose... and how you plan to get there
- Goals help drive you forward
- Goals give you laser focus on what you want to accomplish and what you should spend your time on
- Goals make you accountable
- Goals help you achieve your highest potential
- Goals help you live your best life!

Goal Setting “P.R.E.P.-Work” (Pre-Work)

Before you can set your goals, you need to do a bit of self-reflection. You MUST do some “pre-work” to discover your definition of success, your purpose, and your vision/what you want to ultimately accomplish in life.

Go through the next few exercises... answering each question honestly. Once this worksheet is created, you can start developing your S.M.A.R.T. Goals via the next worksheet.

At the end of this exercise, you will have all the elements you need to start writing your short and long-term S.M.A.R.T Goals!!

RECOMMENDATION: When you complete these exercises, be sure to include your professional cheer/dance aspirations.

Your Definition of Success, Personal SWOT, & Core Beliefs

(Strength, Weakness, Opportunity, & Threat)

Success is the deliberate, measureable pursuit of chosen written goals.

- Tommy Newberry

1. What is your definition of success? To help you... complete this sentence: "I will experience success in my life when I..."

Example: Being happy and having happiness around me; Reaching my goals; Being financially secure/stable; etc.

Pro Cheer Example: Get through at least Round 3 of the auditions this year; Becoming a semi-professional cheerleader; Hearing my number called at the upcoming NFL Audition; etc.

2. STRENGTHS: What are your TOP 5 strengths, personality traits, and/or talents?

Example: (1) Personality (2) Positive Thinker (3) Speaking/writing skills (4) Care about others (5) Planning skills

Pro Cheer Example: (1) Kicks (2) Public Speaking (3) Performance (4) Smile (5) Personality

- | | |
|----|--------|
| 1. | 4. |
| 2. | 5. |
| 3. | Other: |

3. WEAKNESSES: What are your TOP 5 opportunities for improvement (OFI)/ weaknesses?

Example: (1) Procrastination (2) Don't have time to visit family (3) Fear of Failure (4) Pack rat (5) Only know 1 language

Pro Cheer Example: (1) Lack of Confidence (2) Turns (3) Remembering choreography (4) Overall look (5) Putting on lashes

- | | |
|----|--------|
| 1. | 4. |
| 2. | 5. |
| 3. | Other: |

4. OPPORTUNITIES: What are some situations, tools, events, people, training, etc. you can take advantage of to help you become successful??

Example: (1) On-line training (2) Network with entrepreneurs (3) Join clubs/associations (4) Read "self improvement" books (5) Attend church more

Pro Cheer Example: (1) Utilize Sideline Prep! (2) Attend NFL Cheer Dance Workshops (3) Take more dance classes (4) Reach out to a current cheerleader

5. THREATS: What are 5 things that have gotten in your way of fulfilling your definition of success? What "threats" may hinder your progress?

Example: (1) Involved in too many things/activities (2) Not a lot of free time (3) Not committed to reaching goals (4) Fear of failure (5) Spend most of time working

Pro Cheer Example: (1) No local dance classes (2) Audition dates are during my vacation (3) May not be able to get off of work to audition

- | | |
|----|--------|
| 1. | 4. |
| 2. | 5. |
| 3. | Other: |

6. What are the core beliefs you live by on day-to-day basis?

Example: (1) "Do unto others as you would have them do unto you" (2) Think Positive - You are what you think (3) Be honest and truthful (4) Care about and for others (5) Practice gratitude and appreciation

My Purpose... My Mission

Effort and courage are not enough without purpose and direction.

- John F. Kennedy

7. What are your 4 to 5 most important areas in your life? (For example "The 5 F's": Friends/Family, Finances (Profession, Work, Self-development), Faith/Spirituality, Fitness (Workouts, Nutrition, Well-being))

Example: (1) Friends/Family (2) Finances - Learning/growth (3) Faith (4) Fitness

- 1.
- 2.
- 3.
- 4.
- 5.

8. Based on the above 4 most important areas in your life, what positive qualities or strengths do you currently possess for each area? (Refer to Q#2)

Example: (1) Friends/Family - Dependable, Close to family, Best Aunt in the world (2) Learning/growth - Love to learn, quick learner (3) Faith/Spiritual - Grew up in church, Live by lessons from the bible (4) Fitness -Enjoy working out

Area of Life (listed in Q#7)	Strengths in Each Area
1.	
2.	
3.	
4.	
5.	

9. Taking your "TOP 5 strengths, personality traits, and/or talents" (Q#2) and your core values (Q#6) into consideration, as well as, the answers to the above questions, craft your own personal mission statement.

This is a statement of why you exist... what your purpose in life is (currently).

Example: I am committed to constant personal and professional growth by developing my full potential and living every day based on my values, in an effort to help others in the community.

Example: My mission is to set an excellent example to my children by massively contributing and serving others while I am continuously learning, growing, and improving myself.

I am...

My Future... My Vision

A vision statement is a written present tense articulation of exactly what type of person you want to become.

- Tommy Newberry

10. For the 4 to 5 most important areas of your life (Q#7), what changes do you want to make in each area? Feel free to brainstorm as many changes/OFs for each area. (Refer to Q#3)

NOTE: There's a Brainstorming Template in the "Download Your Files" section of the Sideline Success Portal you can use for this exercise.

Example: (1) Friends/Family – Spend more time with nieces/nephews and Mom, Meet up with girlfriends at least once a month (2) Finances / Learning/Growth – Think outside the box, Become multi-lingual (3) Faith/Spiritual – Attend church more often (4) Fitness – Work out at least three times a week, eat 3 small meals and 2 snacks a day, and drink at least ½ gallon of water daily

Area of Life (listed in Q#7)	Changes you want to make
1.	
2.	
3.	
4.	
5.	

10B. Take a look at the above list of things that you want to change. Circle your "top" 1 to 2 items in each area. Which items would have the most positive impact on your life, your happiness, and/or well-being?

11. What 5 things do you want to accomplish in your life, if you had no restrictions or limitations? Be limitless in your thinking. Think outside the box!

Example: (1) Be in Love! Fulfilled, Happy Marriage with 2 children – boy and girl (2) Have a beach house in L.A. (3) Have a profitable business (4) Have time and money to travel the world (5) Be a Millionaire! [One of yours should be: Become a Professional Cheerleader!!]

- 1.
- 2.
- 3.
- 4.
- 5.

12. Your vision statement is a statement of who you want to become/what you want to achieve.

Review your responses to the below questions to craft your own personal vision statement:

- What is your definition of success? [What does success look like in 5 – 10 years?] (Q#1)
- What is your current Mission statement? [Where do you want to be in the future?] (Q#9)
- What changes do you want to make? What do you want to achieve in the future? (Q#10 & 11)

Example: I want to be an entrepreneur who's business makes the Inc. 500 list within the next three (3) years.

My Vision is to...

NOTE: The "gap" between where you are today / what your current purpose is
(i.e. Your Mission Statement)
AND where you want to be in the future / who you want to become
(i.e. Your Vision Statement)
... is where your Goals should come in. Your Goals should help you close this Gap.

BDDM!
Now It's Time to Set Your Goals so You Can Live Your
Purpose & Reach Your Vision!!