

THE
SIDELINE
GOALS
CHEAT SHEET

Goal P.R.E.P

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Sideline Goals Cheat Sheet

Below are a few “KEY POINTS” to focus on from the Sideline Goals Training. At the bottom of this cheat sheet, document additional notes and take-aways. Be sure to update your Ah-Ha's and Goal Worksheet accordingly based on things you want to remember and OFIs you need to improve. Let's do it!

KEY POINT:

If you are okay with living a life that is given to you...then continue how you are currently living. If you are ready to live a life that is determined by you, then start setting Goals!

- GeNienne Samuels, Sideline Prep

Cheat Sheet

Take a moment to ensure you understand each of the key points below... if not, go back and listen to the training:

- Understand the Importance of Goal Setting
 - Gives you clarity and direction
 - Helps to move you forward and achieve your highest potential
 - Helps you live your best life now!
- Complete the 5 Step “P.R.E.P Work” Process [*Fill out worksheet]
 1. Definition of Success
 2. Personal SWOT
 3. Core Beliefs
 4. Purpose/Mission
 5. Vision
- Goal Setting helps you close the Gap between your Mission and your Vision
- Complete the 7 Step Goal Process [*Fill out worksheet]
 1. Mission & Vision
 2. Brainstorm
 3. Prioritize
 4. Create Goals
 5. Create a Winning Environment
 6. Take Action
 7. Celebrate Your Success!
- Goals should be S.M.A.R.T: Specific, Measurable, Attainable, Relevant, & Time Bound
- Be smart by setting S.M.A.R.T Goals, acting on them daily, and updating them often

FINAL POINT:

While setting goals might seem like a time consuming exercise, it is well worth the time. It enables you to self reflect and then drive improvement for your weaknesses and set up a course of action for your desires. You are worth the time. Just do it!

ADDITIONAL TAKE-AWAYS:



PS – If you have any take-aways that you think should be added to this Cheat Sheet, let us know! Either email us or include your idea on Feedback Form for this training. THANKS!

*BDDM!
You are On Your Way to Being Mentally Tough!!*