

VISUALIZING YOUR GOAL

Use this template to create your visualization for your SMART goal.

Eye on the target

Write down your SMART goal.

Your goal is the foundation of your visualization and should guide the choices you make.

Where are you?

Imagine yourself achieving your goal. Where are you?

Write out the details of this moment.

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What can you see?

Look around you. What can you see in this moment?

Can you see your coach or teammates?

Be as detailed as possible.

What can you hear?

Find all the sounds present in this moment. Think about where you are and what sounds you would typically hear.

Write down every sound, no matter how faint.

How does your body feel?

Can you notice any changes in your body? Are your palms sweaty? Is your heart beating fast? Are your muscles pulsing?

Write all these physical sensations down.

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What emotions are you experiencing?

Are you feeling proud, excited, relieved, or elated?

Write down every emotion you are feeling in this moment.

What can you smell?

Perhaps you can smell your sweat, the sweet smell of a sports drink, or the smell of your mom's perfume as she gives you a hug.

Write down all the smells here.

What can you taste?

Perhaps you can taste your own sweat, your sports drink, or the snack you're eating.

Write down everything you can taste in this moment.

Now that you've mapped out this moment, close your eyes and imagine yourself achieving your goal.