

## Goal Setting: Weekly and Daily Goals

How can I set my weekly and Daily Goals?

Now, as a routine you have to set your daily goals according to your weekly goals. step by step process:



This should be in weekly goals and daily goals. So if I was following this routine, my weekly and daily goals would be like this:

### **Example:**

#### **Weekly goals:**

End of Week: Sunday-

Diary: This week I was a little weak with my forehand. I think I will have to work on my strength and fitness. I will have two goals this week

Goal setting log- TICK YOUR GOALS:

Week	Areas to Improve	M	T	W	T	F	S	S
6 <sup>th</sup> may- 12 <sup>th</sup> May	Perfecting the angle of my forehand							
	Fitness: Increase reps/sets from 2x20 to 3x20 for Bicep/ Tricep and Shoulder exercises							

**Daily Goals:**

**End of a day**

Diary:

Did I achieve my goal which I set yesterday?:

Today I was very good with my forearm. Though my angle is still allowing the ball to go a bit haywire, I will try to change my grip which will help me get the right angle especially if I am aiming for a deep shot.

I have achieved yesterday's goal because:

- 1.
- 2.
- 3.

I was not able to achieve the target because:

- 1.
- 2.

Accordingly set the goal for tomorrow. Do not get disappointed, shift your target for the next day/ week.

Goal for tomorrow:

I will ask my coach how changing grip would help me change my angle of the shot. After which I will practice at least 15 continuous deep shots and make sure all land inside the parameters of the court.

Things I will do to achieve my goals:

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

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