

PiXL Endurance



Why are goals important?

‘Dreams without goals are just dreams and they ultimately fuel disappointment.’

Denzel Washington



Why are goals important?

‘The trouble with not having a goal is that you can spend your life running up and down the field and never score.’

Bill Copeland



Why are goals important?

<https://www.youtube.com/watch?v=DNITe9snHqA> - until 1.31



Identifying our goals and making a plan

- <https://www.youtube.com/watch?v=8cCiqbSJ9fg>



Goals give us the motivation to move forward

- What do you want to achieve?
- Why do you want to achieve it?
- What will achieving it give you?
- How will you achieve it? What small steps do you need to take?



Identifying our goals and making a plan

‘By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own.’

Mark Victor Hansen



Identifying our goals and making a plan

‘Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.’

Pablo Picasso



How can I plan to achieve my goals?

- To help you reflect on your goals and make a plan to achieve these, complete the activities on pp.5-11 of your Prepare to Perform Student Booklet.



‘Goals. There’s no telling what you can do when you get inspired by them. There’s no telling what you can do when you believe in them. And there’s no telling what will happen when you act upon them.’



Jim Rohn



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