



**BASKETBALL
CLUB**

2018 IN REVIEW

MANY PEOPLE SET GOALS AT THE START OF THE YEAR OR AT CERTAIN BENCHMARKS (MIDWAY, BREAK THE YEAR INTO 3 OR 4 MONTHS ETC.) BUT HOW MANY OF US ACTUALLY REVISIT OUR GOALS TO MAKE SURE WE ACCOMPLISHED THEM? WHETHER IT BE ON THE BASKETBALL COURT OR IN THE CLASSROOM OR IN OUR HOME LIFE, IT IS IMPORTANT FOR US TO TAKE A MOMENT TO REFLECT ON OUR ACCOMPLISHMENTS (AND SOMETIMES OUR FAILURES) IN ORDER TO HELP US ACHIEVE THE NEXT LEVEL OF SUCCESS.

FEEL WELCOME TO USE THIS WORKSHEET TO LOOK BACK AT 2018 AND HOW IT IMPACTED A SPECIFIC (OR GENERAL) AREA OF YOUR LIFE. YOU CAN EITHER KEEP THESE NOTES FOR YOURSELF OR SHARE WITH FAMILY, FRIENDS OR COACHES. MAYBE SOME OF THESE ANSWERS WILL HELP YOU IN YOUR GOAL SETTING FOR 2019.

1. WHAT WERE YOUR THREE MOST SUCCESSFUL MOMENTS AND WHY?

A)

B)

C)

2. THINK BACK TO HOW YOU FELT DURING THREE MOMENTS IN 2018 WHEN YOU ACCOMPLISHED SOMETHING IMPORTANT, WHAT WERE THEY AND HOW DID YOU FEEL?

A)

B)

C)

3. SOMETIMES FOR WHATEVER REASONS PEOPLE FALL SHORT OF THEIR GOALS (TIME, MONEY, DISTRACTIONS, PHYSICAL ABILITY, ETC.) WHAT GOALS DID YOU FALL SHORT ON REACHING AND HOW DID THAT IMPACT YOU AND MAKE YOU FEEL? REMEMBER IT IS A TWO PART QUESTION.

A)

B)

C)

4. AS HAPPY GILMORE ONCE SAID, "THINK OF A PLACE THAT'S REALLY PERFECT, YOUR OWN HAPPY PLACE". WHEN YOU LOOK BACK AT THE ABOVE ANSWERS (OR MAYBE SOME THAT DIDN'T MAKE THE LIST), WHAT WERE THREE THINGS THAT MADE YOU HAPPY AND HOW COULD YOU REPEAT THOSE MORE REGULARLY IN 2019?

A)

B)

C)

5. WHO, WHAT, WHEN, WHERE, WHY/HOW? OF YOUR THREE MAJOR GOALS FOR 2018, WHO HELPED YOU THE MOST IN ACHIEVING YOUR GOALS (THESE ARE GOOD PEOPLE TO KEEP BY YOUR SIDE!)? WHAT DID THEY DO TO HELP YOU? WHEN DID THEY HELP YOU THE MOST? WHERE CAN THEY HELP YOU MORE? WHY/HOW DID YOU DECIDE THAT THESE INDIVIDUAL(S) ARE THE ONES TO HELP YOU ACHIEVE YOUR GOALS?

A) WHO

B) WHAT

C) WHEN

D) WHERE

E) WHY/HOW