

# *The Winning Edge*

**OUR DESIRES GIVE US MEANING AND PURPOSE  
OUR GOAL-SETS GIVE US DIRECTION & INTENSITY**

**Desire is the key root of all motivation  
Goal setting is the key to reaching my desires**

- **I will goal set smarter** ⇒ **S**– Specific
- **I make a clear state-**  
**ment of my desires** ⇒ **M**– Measurable
- **I make specific goal**  
**sets to assist me to**  
**reach them** ⇒ **A**– Attainable
- ⇒ **R**– Relevant
- ⇒ **T**– Trackable
- ⇒ **E**– Extra Effort
- ⇒ **R**– Revise and Repeat

WIN= <u>What's</u> <u>Important</u> <u>Now</u>	<b>My Desires</b>	<b>My Goal Sets</b>
<b>Skills and Technique</b>		
<b>Strength &amp; Conditioning</b>		
<b>Team Building</b>		
<b>Attitude</b>		

Name \_\_\_\_\_

***Goal Setting and Feedback are the Breakfast of Champions***