

# UNIT 2: CHAMPIONS SET GOALS

## MENTAL GOALS

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### Mental Goals

Mental goals are those that involve your attention, effort and attitude. While they may not be as obvious as physical goals that everyone can see, they are just as important to improving as a student, athlete and person. In fact, many physical goals can be impossible unless you first achieve the mental goals that will help you to improve physically.

Examples of mental goals might include *paying attention during class*, *putting forth 100% effort during class*, and *having a positive attitude* when you come to class each day. Unless you do each of these things, it may be difficult to learn the skill or achieve the grade you want to achieve.



### Goal Setting Technique and Creating a Plan

Just like setting physical goals, it's important to develop subgoals and create a plan to achieve your mental goals. Here are some examples of subgoals if you want to have a positive attitude in class:

- Smile at classmates each day
- Be ready to respond to your teacher
- When a negative thought creeps in, refocus on being positive by thinking of a positive word

Your plan to achieve a goal of 100% effort in class might include listening to the teacher and making it a point not to mess around or talk to friends while the teacher is teaching.

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*“Sport is a form of gymnastics of the body and of the spirit. Athletic activity, in fact, highlights not only man’s valuable physical abilities, but also his intellectual and spiritual capacities.” - St. John Paul II (2002)*

### Our Class Goals

Goal:

Goal:

Subgoals:

Subgoals:

Plan:

Plan:

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*"You can't always control circumstances - you can always control your attitude, approach and response."  
- Tony Dungy, NFL Coach*

### My Goals

Goal:

Goal:

Subgoals:

Subgoals:

Plan:

Plan:

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## EVALUATING MENTAL GOALS

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It's important that we return to our goals routinely to evaluate our progress and consider whether or not we're on track to meet them. In the space below, consider how you are doing with the **mental goals** you set both individually and as a class.

### Class Goals

- How are we doing in reaching these goals?

- Is there something holding us back? If so, how can we overcome it?

- Do we need to revise these goals?

### Individual Goals

- How am I doing in reaching these goals?

- Is there something holding me back? If so, how can I overcome it?

- Do I need to revise these goals?

# UNIT 2: PRAYERS

## PRAYERS FOR UNIT 2 LESSONS

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### Unit 2. Lesson 3

God has created me to do Him some definite service; He has committed some work to me which He has not committed to another. I am a link in a chain, a bond of connection between persons. God has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place while not intending it – if I do but keep His Commandments. Therefore, I will trust Him. Whatever, wherever I am. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him; in sorrow, my sorrow may serve Him; God does nothing in vain. He knows what He is about. He may take away my friends; He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me – Still He knows what He is about.

*Prayer of Cardinal John Henry Newman*