



Individual Development Plan



Individual Development Plan

Success is found in _____ ?



Individual Development Plan

Success is found in your daily habits ?

If you really want to do something, you'll find a way. If you don't, you'll find an excuse.

~Jim Rohn

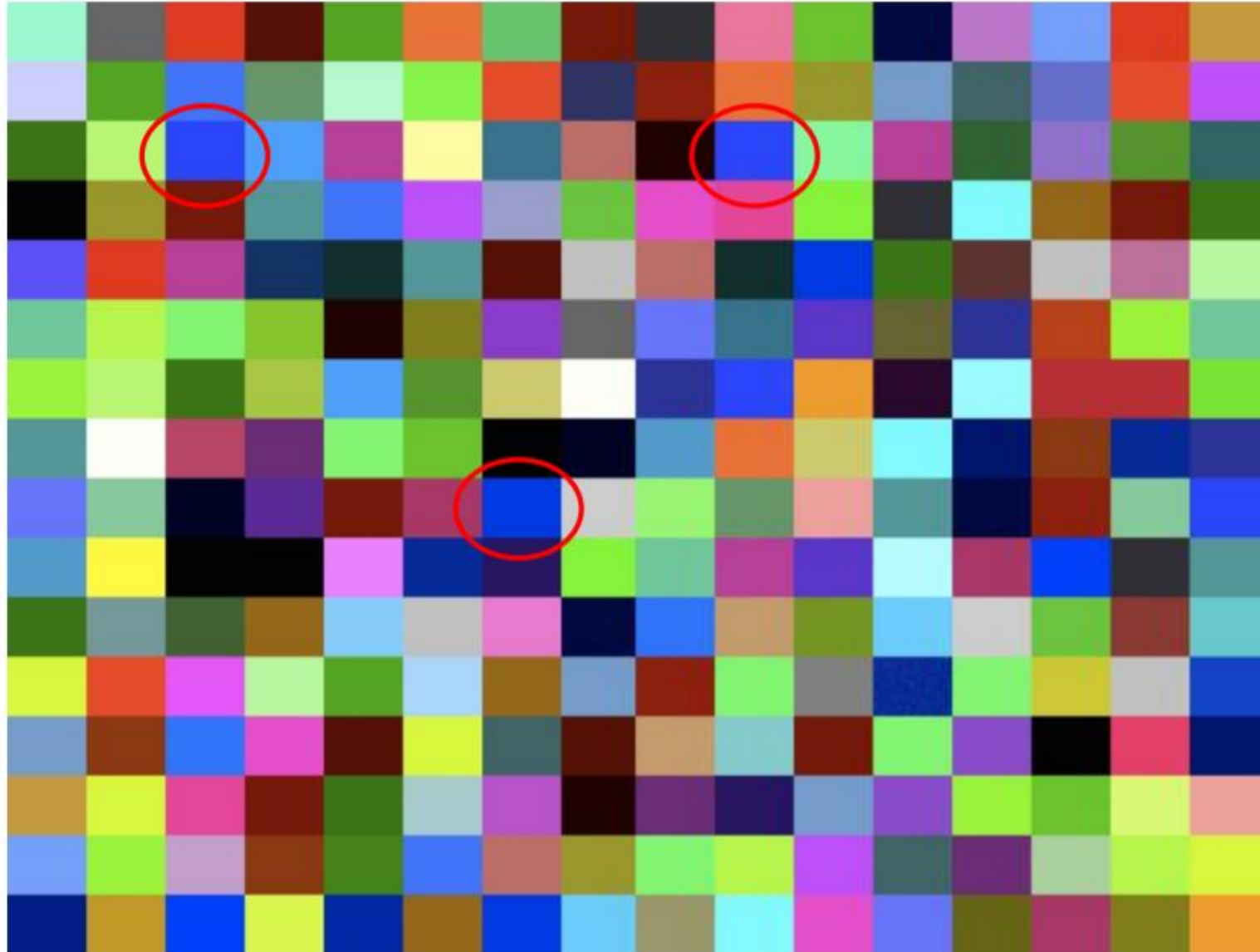


Individual Development Plan



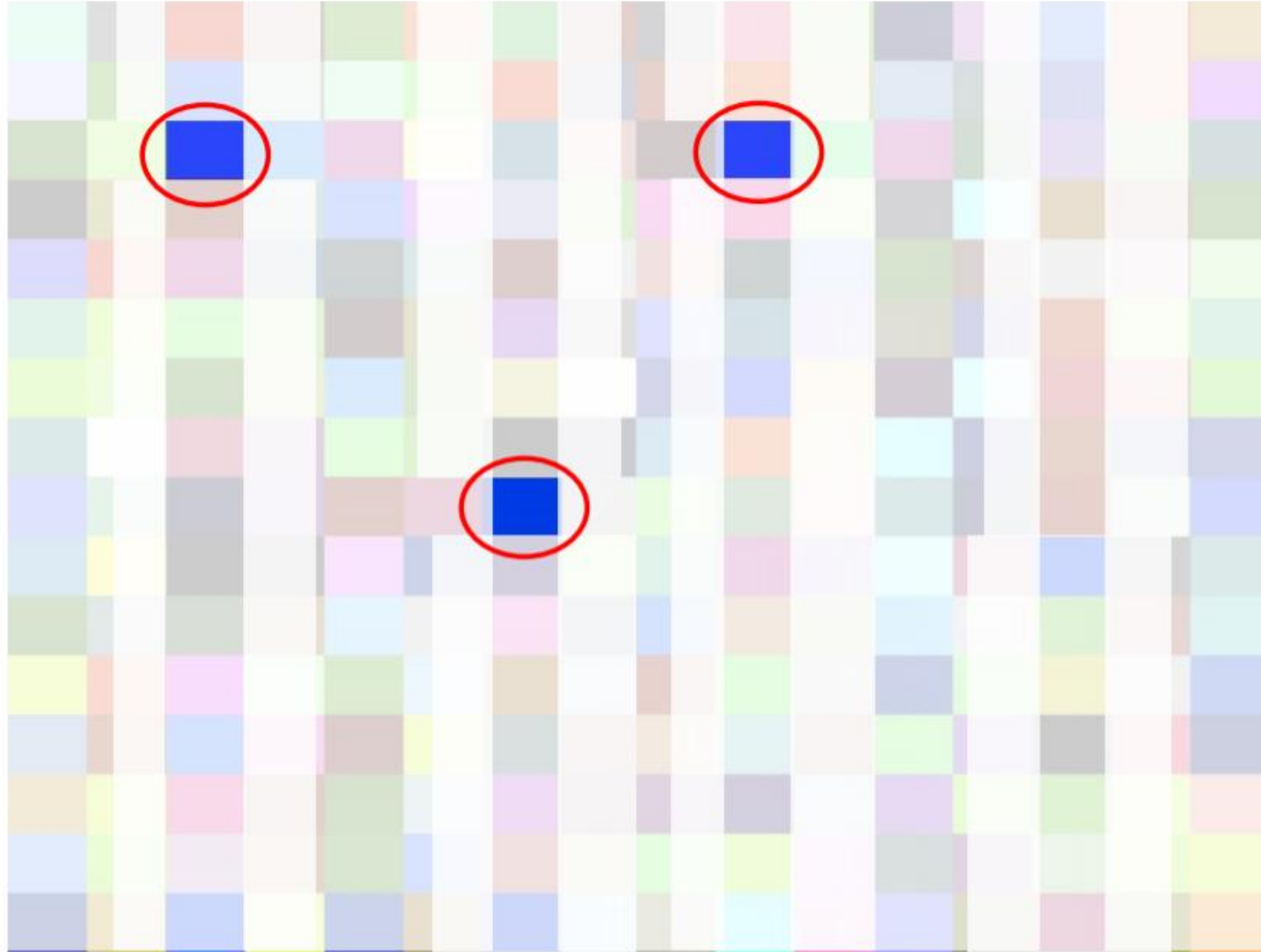


Individual Development Plan



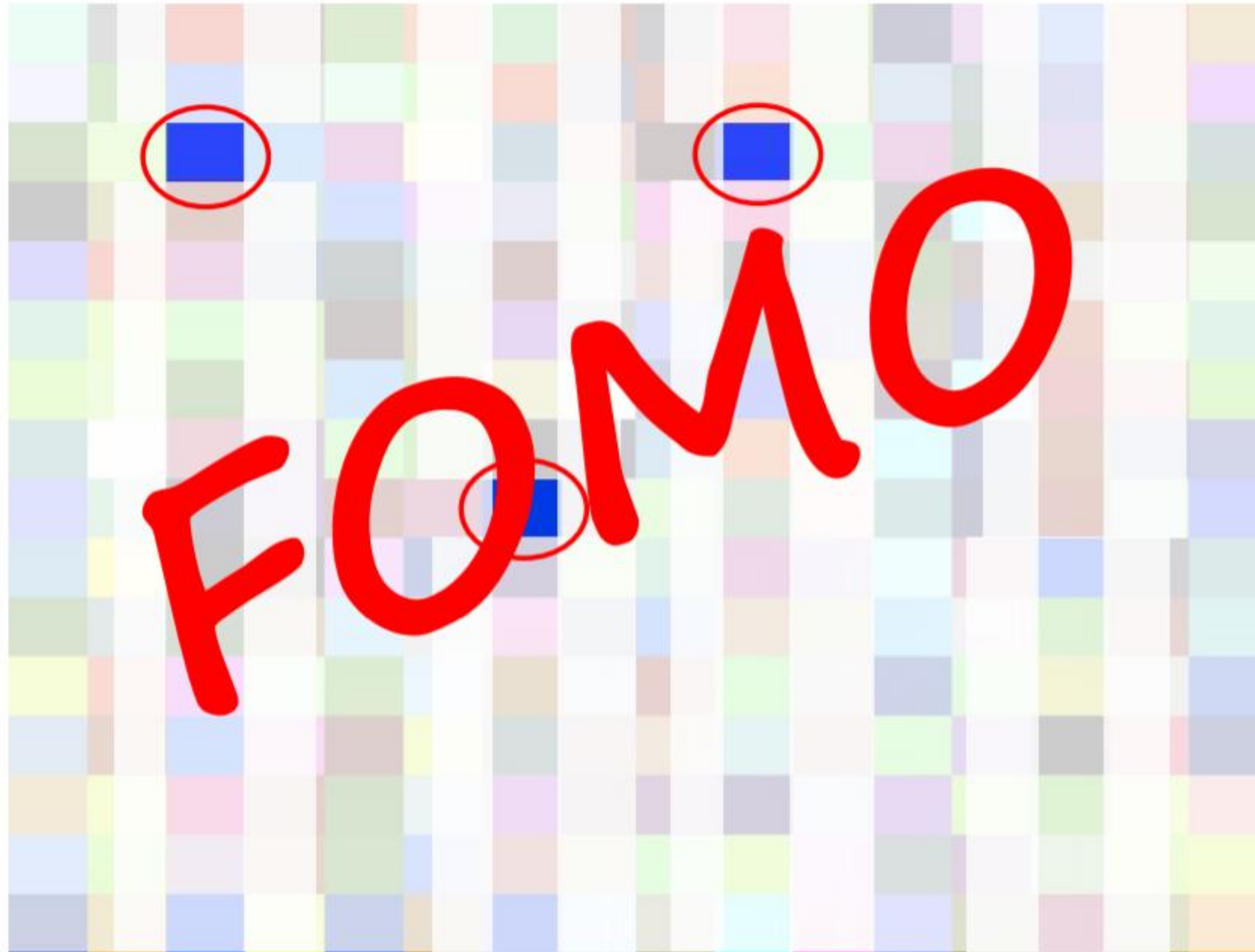


Individual Development Plan



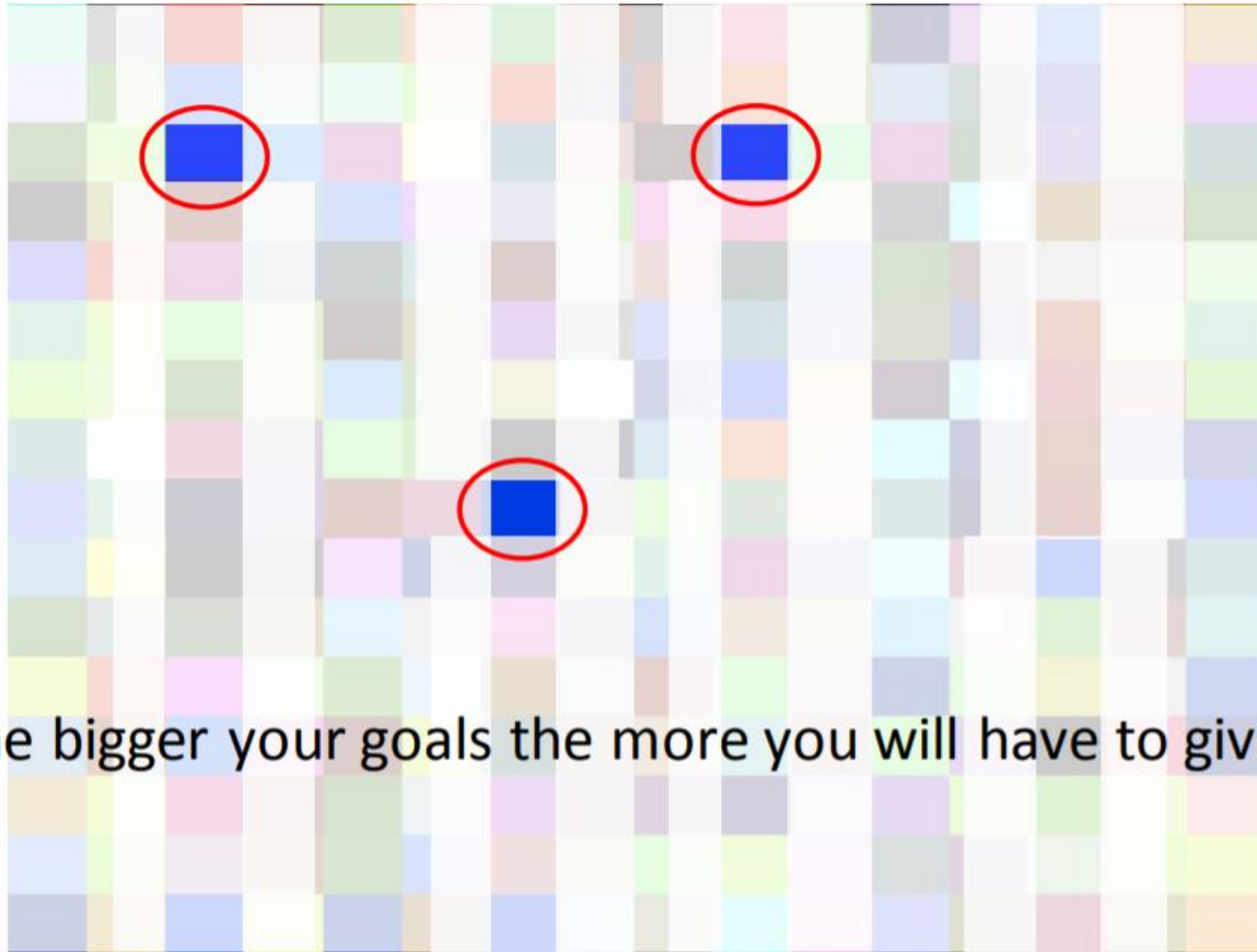


Individual Development Plan





Individual Development Plan



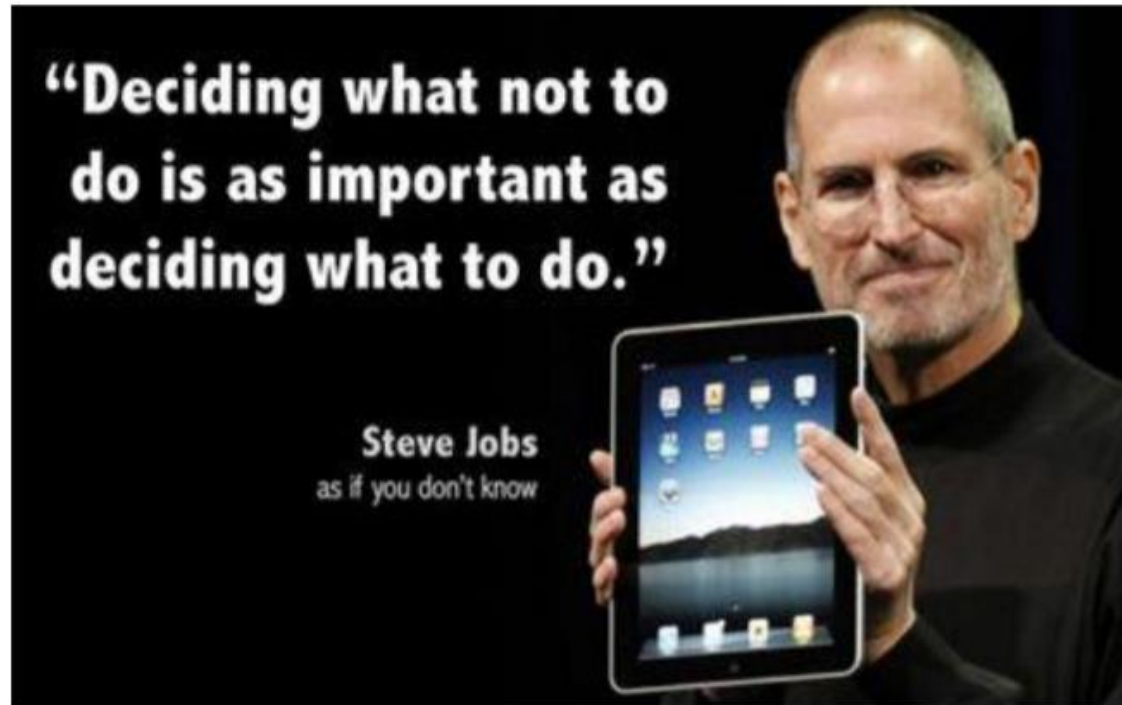
The bigger your goals the more you will have to give up

The good and the great are only separated by their willingness to sacrifice.

Kareem Abdul-Jabbar



Individual Development Plan



What do you need to say NO to so you can clearly focus on your goals?



Individual Development Plan

Why SMART Goals

- **Goals** give us something to work toward and to keep us focused on an outcome.
- **SMART Goals** helps us define exactly what the Future will look like and what steps we need to take to get there

SMART Goals should be:

S – Specific State exactly what is to be accomplished

Who is involved

What do I want to accomplish

Where am I going to do this

When am I going to do this

Which requirements or constraints will I need to be aware of

Why am I doing this and how will I benefit

M – Measurable A score, result, a time, an amount, an ability or skill

How much or how many

Milestones

Tasks completed or learned

Achieve ranking or position

A – Attainable Something that can be accomplished even if it takes much effort or time.

Can I gain the ability given enough time

Will I have the support I need from family and friends

Do I have access to the proper coaching

Will my resources (equipment, money, place to shoot, time, etc.) be enough

R – Realistic Consider your current ability honestly

Do I have the work ethic to reach the goal

Is the goal too high or too low

Do I believe in myself enough to persist

Are the resources available to obtain the goal

Do I have the time and money

T – Timely Is the time frame right for setting this goal and can you track your progress

Am I ready to begin working on this goal

Can I measure my progress

Is it a short term or long term goal

Will I know if I reach my goal



Individual Development Plan

SMART GOALSETTING WORKSHEET

Verify that your goal is **SMART**

Specific:

What exactly will you accomplish?

Measurable:

How will you know when you have reached this goal?

Achievable:

Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

Relevant:

Why is this goal significant to your life?

Timely:

When will you achieve this goal?

This goal is important because:

The benefits of achieving this goal will be:

Take Action! Potential Obstacles

Potential Solutions

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Who are the people you will ask to help you?



Individual Development Plan

TECHNICAL	TACTICAL
PHYSICAL	MENTAL

Compare and contrast **Current self** with **Ideal self**

Gives you a starting point and an end point. Goals are your plan in between