



My long-term goal is _____

<u>S</u>pecific	<ul style="list-style-type: none">• What is it exactly you want to achieve?• Try to focus on process (e.g. getting better at something) rather than outcome (e.g. scoring X number of runs or taking X number of wickets).	
<u>M</u>easurable	<ul style="list-style-type: none">• Make sure it is something you can measure along the way, this way you can track your progress.• This may be the number of times you hit a good length as a bowler, or the number of times you successfully play the cover drive.	
<u>A</u>ttainable	<ul style="list-style-type: none">• Make sure it is something that is challenging, as you will want the goal to drive you. However, make sure you can achieve it, the aim is to help boost confidence and motivation.	
<u>R</u>elevant	<ul style="list-style-type: none">• The aim is to boost confidence and help you develop as cricketers, so make sure the goal you have set will help you do that.	
<u>T</u>ime-bound	<ul style="list-style-type: none">• Set a time-limit on when you want to have completed this goal. For example, 6-months. You can then break your long-term goal into smaller goals to help make it more manageable.	