

Creating a Goal

A GOAL FROM WITHIN

WHY SET A GOAL

A goal that comes from within keeps you moving forward when training gets hard or you hit a setback — because when YOU truly want something, you work far harder for it than for anyone else's goal.

Focus on long-term development and continuous learning — not just one result.

THE 4-PART GOAL MODEL USED BY A WORLD-RENOWNED SWEDISH SPORTS COACH

1 ME

It starts with you. Bring a growth mindset: you can't fail, you can only learn. Every mistake goes on a "to-do list to improve."

2 GOAL

Make it so vivid you can SEE, HEAR, FEEL, and SMELL it — a goal the brain truly understands and wants to chase.

3 PROCESS

A goal needs a plan. This program is your process for raising Hockey IQ — and a model for training the other 3 H's.

4 POSSIBLE

Make it realistic and believable. Set one goal for the next 8–12 months, and a bigger one 2–3 years out.

FIXED VS. GROWTH MINDSET

Fixed mindset

You either are or aren't good at something — talent decides, so there's little you can do.

Growth mindset

Anyone can get good at anything — your ability comes from your actions and effort.

"You cannot fail — you can only learn."



Your Goal

FILL IT IN — THEN VISUALIZE IT DAILY

Write your goal(s) down and visualize yourself achieving them every day — use See, Hear, Feel, Smell, and Taste when you picture them in your mind.

My goal as a hockey player for the next 8–12 months (next season) is to:

In order to reach my goal, I have to improve:

- | | |
|-----------------------|----------|
| 1) My Hockey IQ _____ | 2) _____ |
| 3) _____ | 4) _____ |

How do I do it?

- | |
|---|
| 1) Spend 1–2 hrs/week mastering The Hockey IQ Program _____ |
| 2) _____ |
| 3) _____ |
| 4) _____ |

My bigger goal, 2–3 years out, is to:

REMEMBER

A Peeewe with a goal to play in the NHL next year? With a growth mindset, not getting a contract from the Penguins isn't failure — it's a temporary setback. Keep learning, and aim as far as you can see.