

Don't lose sight of good planning and insight. Hang on to them, for they fill you with life and bring you honor and respect- Proverbs 3:21-22

GPS Summary: Use your GPS to provide directions so that you start and continue to stay motivated toward your goals.

Below is an example of a GOAL POSITIONING SYSTEM (GPS), which includes **1) Where do you want to go (Goal/Address)** **2) Where are you now,** and **3) Directions to get there.** ↩

1) Address (Goal):

I will go a .59 in 100 free in 6 mos.

I will go a 1.02 in 3 months

I will focus on building leg strength so I have powerful starts and flips turns

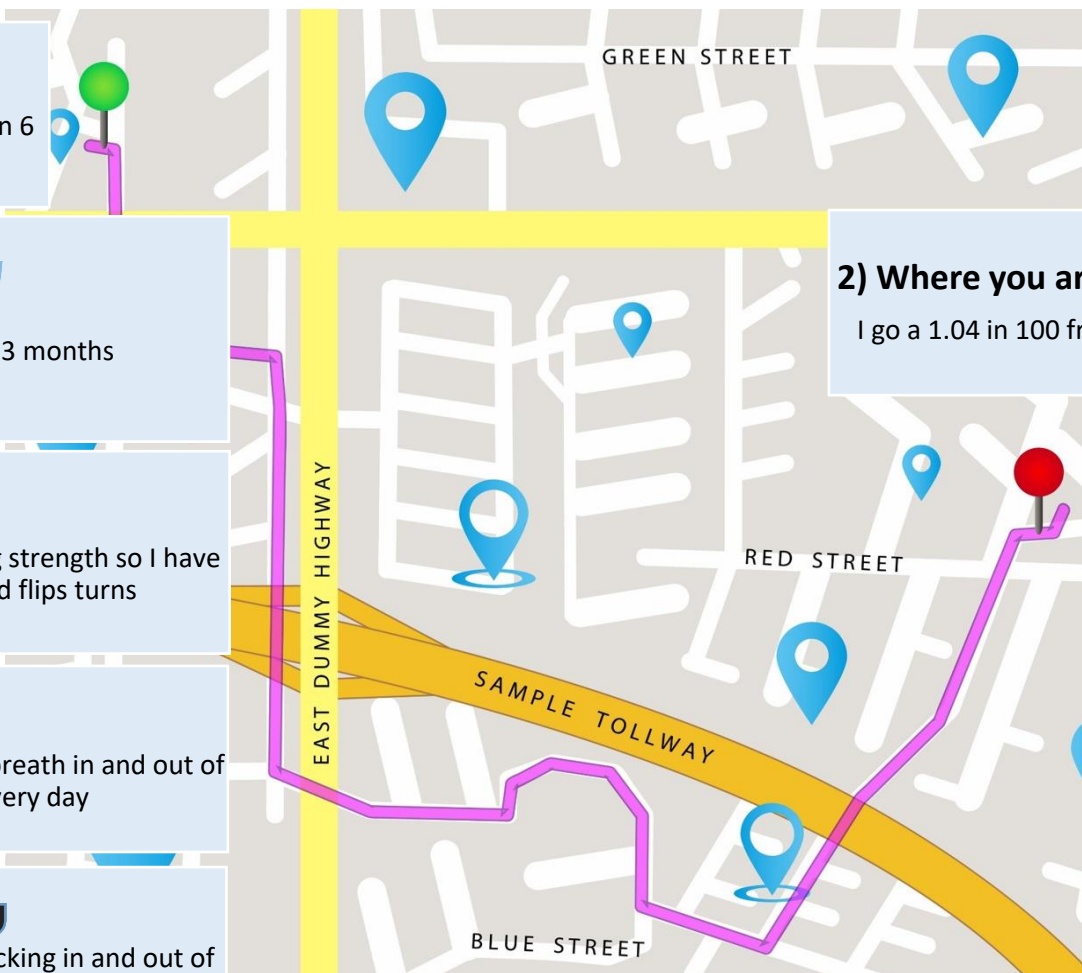
I will work on holding my breath in and out of my flip turns every day

I will work on explosive kicking in and out of the walls

3) How to get there:

2) Where you are now:

I go a 1.04 in 100 freestyle

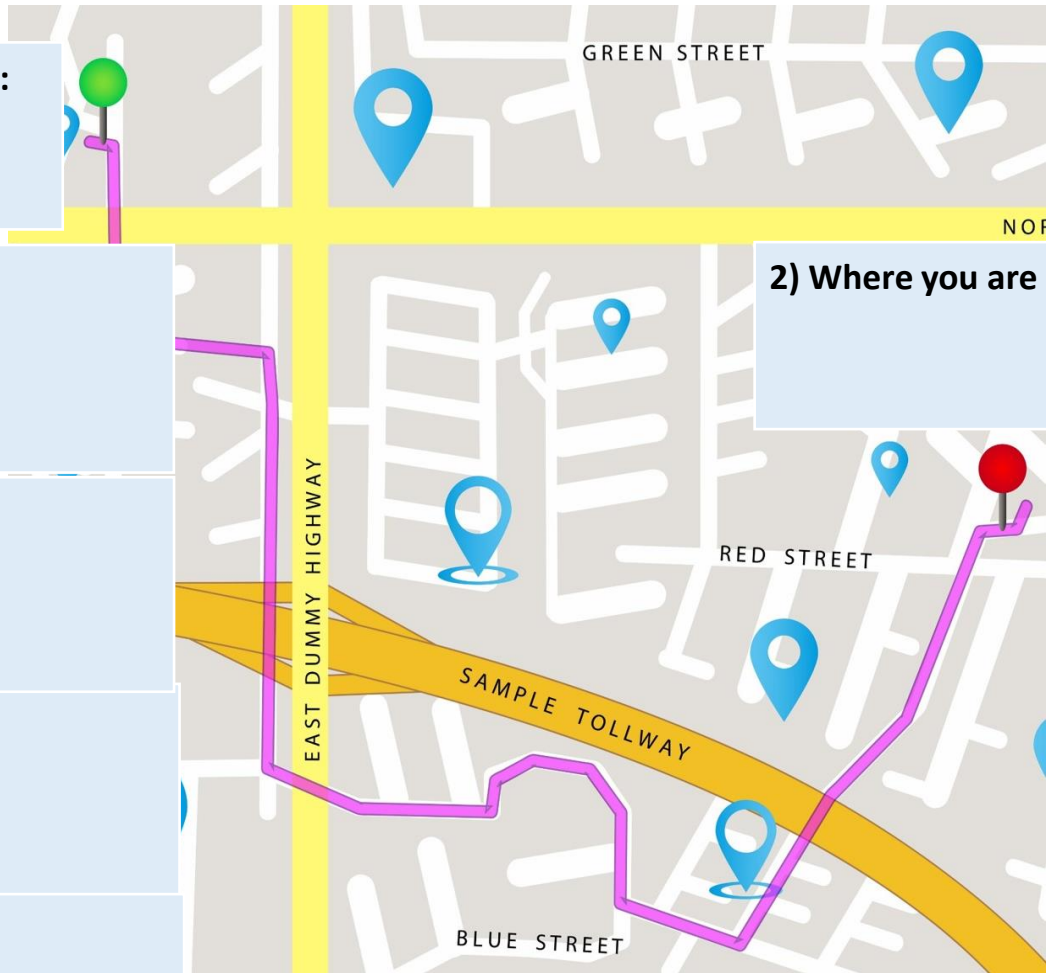


Now you can create your own GOAL POSITIONING SYSTEM in order to start and continue to stay motivated. Here are a few tips that will help you SOAR.

- 1) S-Create Subgoals
- 2) O-Own your goal; this is something YOU want
- 3) A-Adapt if you fall of course; recalculate but don't quit
- 4) R-Reward success-praise God!

1) Address (Goal):

2) Where you are now



THREE Character traits I would like to develop and display during this goal achievement process: *Ex: Humility*

1. _____ 2. _____ 3. _____

Your GPS can be used for short or long term goals

