

## Olympic Ideals: Reaching Goals

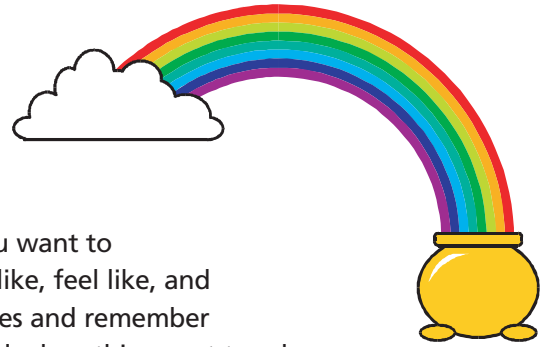
Setting goals is an important step in achieving what you want in life, but as your plans change, your goals must change too. The five Olympic Ideals, provide a model for goal setting and understanding challenges.

The five Olympic Ideals are:

### 1. Vision

Begin with the end in mind. Think of the final goal that you want to achieve. Create a visual mind picture of what you will look like, feel like, and sound like when you have reached your goal. Close your eyes and remember your “vision” as often as you can. It will keep you motivated when things get tough.

*Draw a picture or write a journal entry that describes how you will feel when you have reached your goal.*



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### 2. Commitment

Don't let yourself be distracted by things that keep you from accomplishing your goal. Invest your time and energy in what you want MOST, not what you want at the moment.

### 3. Discipline

Discipline means that you pay attention to what you need to be doing and that you do whatever it takes to accomplish the goal. You take responsibility and keep promises to yourself and others. No excuses!

### 4. Focus

Translate the “vision” you imagine for yourself into a reasonable plan that identifies the things you must do to achieve success.

*Write a step by step plan and review it often.*

### 5. Persistence

When things get tough, just keep doing your best! Keep picturing the vision of yourself having reached your goal. Don't give up! Get out there, follow your plans the best you can, and you will succeed. You can count on it!