



BOYS & GIRLS CLUBS
OF CENTRAL FLORIDA

TEEN ACTIVITY

Goal Setting: Deliberate Practice

Work through the guided worksheet about Deliberate Practice to accomplish your goals

Don't Forget About Deliberate Practice:

- **Deliberate practice refers to intentionally working towards your goals with thoughtful and purposeful action.**
- **Writing a high-quality goal is only half the battle.**
- **Once the goal is written, the goal is not magically achieved.**
- **Intentional work needs to take place to make the goal a reality, this is where deliberate practice comes in.**
- **Basically, it means that you have a systematic plan of action to meet your goal. Without this type of purposeful action, goals will not be met.**

Use this worksheet to track your progress on reaching your goals.

You Got This!!!

My Weekly GOALS & Steps

GOAL

NEXT STEP

NEXT STEP

NEXT STEP

GOAL

NEXT STEP

NEXT STEP

NEXT STEP

GOAL

GOAL

NEXT STEP

"It always seems impossible until it's done."
- Nelson Mandela

NEXT STEP

● WEEK OF:

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