Homegrown LacrosseEnd of the Year Goal Setting Exercise for Players

1.	Over the season, what items did you find success with? What are you good at?
2.	Over the season, what things did you find challenging, both physically and mentally? Where can you improve?
3.	What are you long-term goals as an athlete? What do you think you are capable of?
4.	What are a few short-term goals that will help pave the road to your long-term goals?

5.	What do you feel you are capable of during the remainder of the off-season? What are you capable of during next year's regular season?
6.	What are a few things you can do to help prepare you for the next time you train and / or play lacrosse? What is one thing that you want to focus on the next time you are training?
7.	What are a few things you do that get in the way of you achieving your goals?
8.	What are a few traits that you look for in a good teammate? Are you doing everything in your power to reciprocate those traits?
9.	Why is everything you mention above important to you?