


YOUR GOALS *The 100-Points Exercise*

You have 100 points that you can divide across the goals listed below in any way you want. You can even write your own goals in if the form doesn't have all the ones that are important to you. You can include as many of the goals as you want, but you don't need to include them all. Your points should add up to 100.

_____	Become a good athlete		_____	Physical fitness
_____	Learn to play the sport		_____	Learn "life lessons"
_____	Learn teamwork		_____	Have fun
_____	Win		_____	Make friends
_____	Gain self-confidence		_____	Earn a Scholarship
_____	Learn to deal with defeat		_____	Other _____



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