

**#BounceBack**  
**#AnHourADay**

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**REGISTRO PROFESIONAL  
DE TENIS**

# GOAL SETTING

Goal setting is an important method of:

- Deciding what you want to achieve in your life.
- Separating what's important from what's irrelevant, or a distraction.
- Motivating yourself.
- Building your self-confidence, based on successful achievement of goals.



# BALANCED GOALS

Professional	Personal	Financial	Social
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5



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# TOP TWO

Professional	Personal	Financial	Social
1	1	1	1
2	2	2	2



# PRIORITIES

Priorities	Area
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



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# SMART(ER)

<b>S</b>	Specific
<b>M</b>	Measurable
<b>A</b>	Attainable
<b>R</b>	Relevant
<b>T</b>	Timely
<b>E</b>	Evaluate
<b>R</b>	Re-evaluate



# BREAKING DOWN YOUR GOALS

- Long
  - Years
- Medium
  - Months
- Short
  - Monthly
  - Weekly
  - Daily



# FUTURE EPISODES

- Goal Setting
- Developing your Coaching Philosophy
- Build your Personal Brand
- Marketing
- Sponsorship
- Role of a Coach
- Coach with Style
  - etc.....





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