



**FIFTH ROUND**  
**2020 GOAL SETTING**  
**WORKBOOK**

FIFTHROUND มวยไทย

“ A goal without a plan is just a wish” –Antoine  
de Saint-Exupery

FIFTH ROUND MUAY THAI

533 ROMEO ST S

STRATFORD ONTARIO

[WWW.FIFTHROUND.CA](http://WWW.FIFTHROUND.CA)

## THE PLAN

**GOAL:**

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**WHY IS THIS GOAL IMPORTANT TO ME:**

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**WHAT ARE THREE ACTION PLANS I AM COMMITTED TO TAKING TOWARD ACHIEVING THIS GOAL:**

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**2:**

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**3:**

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**STAYING ACCOUNTABLE TO OUR GOALS IS ONE OF THE BEST WAYS TO ENSURE GOALS ARE REACHED. PLEASE LIST THREE WAYS THAT YOU CAN STAY ACCOUNTABLE TO YOUR GOAL:**

**1:**

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**2:**

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**3:**

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## **OBSTACLES**

*NO MATTER HOW DEDICATED, MOTIVATED AND ON TRACK WE ARE TO REACH OUR GOAL THERE WILL ALWAYS BE OBSTACLES THAT ARISE. BY BEING AWARE OF THESE OBSTACLES WE CAN COME UP WITH PLANS ON HOW TO DEAL WITH THEM.*

### **WHAT ARE SOME OBSTACLES THAT MAY ARISE:**

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### **HOW I PLAN TO RESPOND TO EACH OBSTACLE:**

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**STAYING ACCOUNTABLE TO OUR GOALS IS ONE OF THE BEST WAYS TO ENSURE GOALS ARE REACHED. PLEASE LIST THREE WAYS THAT YOU CAN STAY ACCOUNTABLE TO YOUR GOAL:**

**1:** 

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**2:** 

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**3:** 

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*"IF YOU CAN FIND A PATH WITH NO OBSTACLES, IT PROBABLY DOESN'T LEAD ANYWHERE." –FRANK A CLARK*



## **MOTIVATIONAL TIPS:**

*HERE ARE SOME TASKS/TIPS THAT WILL HELP YOU STAY MOTIVATED WHILE YOU REACH YOUR GOAL.*

### **VISION BOARD**

*A VISION BOARD IS A COLLECTION OF IMAGES DESIGNED TO SERVE AS A SOURCE OF INSPIRATIONS AND MOTIVATION TO ATTAIN GOALS. CREATING A VISION BOARD AND HANGING OUT IN THE OPEN WHERE YOU WILL SEE IT EVERY DAY WILL REMIND YOU AND MOTIVATE YOU FOR YOUR GOAL.*

**CREATE A VISION BOARD WITH IMAGES THAT RELATE/MOTIVATE YOU FOR YOUR GOAL.**



### **MUSIC PLAYLIST**

*MUSIC HAS BEEN USED FOR YEARS AS A MOTIVATIONAL TOOL. HOCKEY TEAMS USE MUSIC IN THE DRESSING ROOMS TO GET PUMPED UP FOR THE GAME, FIGHTERS USE WALKOUT MUSIC TO GET PUMPED UP FOR THEIR FIGHT ETC. CREATING A MUSIC PLAYLIST THAT GETS YOU PUMPED IS A GREAT TOOL TO USE WHEN YOU NEED THAT EXTRA KICK.*

**CREATE A PUMP UP PLAYLIST THAT WILL GET YOU MOTIVATED**

### **VISUALIZATION**

*VISUALIZATION IS SIMPLY ENVISIONING A MENTAL PICTURE OF A FUTURE EVENT. IT IS A PROVEN METHOD TOWARDS ACHIEVING OUR GOALS. AS THE OLD SAYING GOES, WE NEED TO SEE IT TO ACHIEVE IT. START ENVISIONING YOUR MAIN GOAL ACCOMPLISHED. WHETHER YOU'RE IN THE SHOWER/BATH, GOING FOR A WALK WITH THE DOG ETC USE THAT TIME TO THINK ABOUT YOU REACHING YOUR GOAL. HOW DOES IT FEEL? HOW DOES IT LOOK? HOW DO YOU FEEL?*

**USE VISUALIZATION WHENEVER YOU CAN**

*“COMMITMENT MEANS STAYING LOYAL TO WHAT YOU SAID YOU WERE GOING TO DO LONG AFTER THE MOOD YOU SAID IT IN HAS LEFT YOU”*