

WORKSHEET V-13.

Invert Your Goals

This exercise is a fun twist to goal setting. I've used this technique for years.

The underlying concept is to imagine what it would take to do exactly the opposite of what you really want. The author James Clear (*Atomic Habits*) talks about this a lot. The following two examples provide an illustration of the exercise:

Example #1:

If you wanted to be a mentally and emotionally WEAK player, what would you do to make that happen? How would you achieve being mentally and emotionally weak?

Example #2:

I often have my tennis students miss on purpose—hit it long, hit it wide, hit it into the net. Then I ask them to hit it a little less long, wide, short. Subsequently, I gradually ask them to hit it closer and closer to the real, effective target. It teaches most players that they do actually know how to aim, if they just focus a bit more on the angle of their racquet face at contact.

Obviously, the point of the exercise is to make it more clear to you that if you do the *opposite* of the crazy inverted goal steps, you will progress toward your true *positive* goal.

REAL Goal	What Would You Do to Reach the <i>Opposite</i> Goal?