

WORKSHEET V-9.

Goals and Obstacles

In Table V-9, complete the following steps:

- Step #1. Based on your self-assessments, list in column 1 the three to five areas you starred or circled as the ones you want MOST to work on, e.g., second serve, block volleys, strategy, the mental-emotional game, etc.

Note: Don't list more than three to five improvement areas, or it will feel overwhelming! And remember: Have BIG dreams, but SMALL goals that are achievable with some stretch on your part.

- Step #2. In column 2, for each of your three to five improvement areas, write down both a short-term goal (over the next few weeks) and a medium-term goal (over the next few months) that you could reasonably expect to achieve, if you put in the consistent practice, e.g., get 75 percent of your second serves in without slowing down your racquet speed; or in pickleball, land 75 percent of your third-shot drops into the opponent's kitchen.

- Step #3. In column 3, write down any obstacles or factors that could prevent you from reaching that goal, and what you could do to overcome that obstacle, e.g., strong tendency to just push the ball in on your second serve; or hitting your third-shot drops too hard.

Note: Use your Tennis/Pickleball Journal Template (Worksheet IV-2) to keep track of how you're doing on your improvement areas. An additional step you might take is to share your Goals and Obstacles (Worksheet V-9) with a teammate who can keep you accountable and give you support. This undertaking works best if they're sharing THEIR goals and obstacles with you, too!

Improvement Area	Goals	Obstacles and Response
1.	a. b.	
2.	a. b.	

Table V-9. Goals and Obstacles exercise

3.	a. b.	
4.	a. b.	
5.	a. b.	

Table V-9. Goals and Obstacles exercise (cont.)