



KICKING GOALS

Setting goals is an effective way to increase motivation and enable people to strive towards their short and long-term future.

Watching the Unite Harmony: Goal Setting video, what are some key themes the Wests Tigers players discuss when asked about their own goal setting experiences?

Can you write some answers below?

Watching the Unite Harmony: Resilience video, how do the Wests Tigers players showcase Resilience in challenging times on or off the Football field?

Can you write some answers below?

YOUR GOAL: WRITE IT DOWN

WHY? KNOW YOUR PURPOSE

3 ACTIONS YOU'LL COMMIT TO

WHAT ARE THE CHALLENGES?

