



# Mind The Net Goaltending

## Goal setting Contract and Self Assessment

**Name 3 performers from any profession that you look up to.**

1)

2)

3)

**What qualities, characteristics and values make up their character?**

1)

2)

3)

4)

**What would you like to accomplish this year?**

**What do you want to accomplish in the next 2 to 3 years?**

Outside of hockey:

Within Hockey:

**What is your long-term goal(s)?**

**Identify some short-term goal target dates that will enable you to progress towards your long-term goal.**

1)

2)

3)

**What are some performance factors that you will need to improve on to be successful?**

1)

2)

3)

4)

**What are some realistic goals that will enable you to achieve these performance factors?**

1)

2)

3)

4)

**What are my responsibilities to ensure that these goals are achieved?**

**How can I award myself for achieving these performance factors?**

Date: \_\_\_\_\_ Signature: \_\_\_\_\_