

The Process

2021



Has anyone ever told you to *"trust the process?"*

Probably so, and it is great advice! But let's be honest... 2020 was not fair.

What many of us fail to realize is the process must be the right one. Our process must match our character, work ethic, motivation, and purpose. A *process* is designed to get you closer to those outcome goals to which we cannot directly control.

Be as specific as possible. Ask yourself, *"is this process goal directly related to my long term, outcome goals?"*

Begin with long term outcome goals. Be aware that these must be true to YOU. We challenge you to make your outcome goals aggressive.

Outcome Goals:

This Year/Season:

Long Term:

"If nobody laughs at your goals, then they're not big enough."



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Write down a specific daily/weekly goal for each sub-category below.

Key: Make each goal measurable.

MORNING ROUTINE

NUTRITION

TECHNIQUE

STRENGTH & FLEXIBILITY

SCHOOL

REST & RECOVERY

FAMILY & FRIENDS

NIGHTTIME ROUTINE

PROCESS

GOALS

DAILY

&

WEEKLY



"If you quit on the process, you are quitting on the result."