

# The MindStrong Project

## Goal Sheet

**F.E.A.R= Face, Evaluate, Attack, React**

**Growth Mindset vs. Fixed Mindset**

**(We want growth, we want process)**

**S.M.A.R.T**

**Specific, Measurable, Achievable, Results-focused, Time-Bound**

What, How, Why = (Narrow the vision down into bulls eye focus)

Use Imagery: Big Circle-Medium Circle-bulls eye

Current:

Barriers:

Process:

Outcome

Goal (1)  
(Pitching)

Goal (2)  
(School)

Goal (3)  
(Family)

Mastery Approach- Generally appreciate everything about the process of striving for personal excellence, regardless of the end result.