



Jaguars Toolkit

ATTAINING YOUR GOALS

Launched for Success

This toolkit is dedicated to our Class of 2020. To your big dreams, your proven abilities, your unleashed potential, your unique goals in life... because *“success is a journey, not a destination; the doing is often more important than the outcome (Arthur Ashe, Professional Tennis Player & Activist)”*

Map the process

What is your main goal on your first day of high-school? Imagine it, visualize it, write it down, draw it, use arts, crafts and pics to make a poster. Talk it out with a close friend or significant other.

Now, decide on a **method** to get what you imagined: A) Break down the goal into small steps; B) Gather the resources (information, materials, people) you will need to follow those steps; C) Prepare to set off.

Ready, Set, Go!

Goals are good for planning your progress, but results show up only after you **carry over** what you planned. Commit to a process, not a goal. That means, stick to the method, more than the plan.

Kobe Bryant practiced, practiced, and practiced basketball every day. When he'd get an injury, he'd stop, give his body time to recover, and go back to practice again. He was focused on the process of becoming the best version of himself as an

athlete in a sport he greatly enjoyed and loved.

Generally, athletes do not stick to a goal, but to a method and routine to follow every day. After weeks, months, and years they become stars, even if their main goal was not to become one.

As a matter of fact, choosing a goal puts a burden on your shoulders, whereas focusing on the practice instead, makes you enjoy the moment and become better at the skill at the same time.

Follow a progress-based method, not a goal-based behavior. And release your need for instant gratification and immediate satisfaction. Long-lasting results come from progress, not from temporary goal-oriented actions or motivation. If you base your performance on attaining a specific goal, you will either lose motivation after it is accomplished, or feel that you failed if you do not achieve it.

Since goals are about short-term results, and progress is about long-term process, in the end, process always wins.

Assess & Move On

No one can predict the future. But everyone can measure results from one week to another and make changes when necessary. Every week **as a routine**, assess your progress. Ask yourself: *What went great? What needs to be improved? What should stay the same?* This process is called **feed-back**. Without feedback the process loses track and your progress gets compromised. After you find out those answers, make the necessary changes and move onto a new cycle again.

As you progress, tune in your skill with the level of challenge ahead. Both need to be well synchronized, so that you feel enough motivation to get started and keep engaged, and skilled enough to perform. Too high of a challenge will frustrate, stress, or burn you; and too low of it will make you abandon the task out of boredom.

Well, you are now very well prepared to set off. Your Success Is Not Quarantined; it is Guaranteed. Go Jaguars!!! ♥♥♥