



Getting the Reps with: Super Bowl MVP Hines Ward

Daily Goals

Key Takeaways

- The way to achieve big goals is to set daily goals that are going to help you get there.
- Once you have achieved those bigger goals it can be easy to forget what got you there in the first place. Keep setting those daily goals for yourself.
- One good practice is to start each day by writing down a couple goals for yourself for that day. They can be related to your sport or you as an all-around person.

Things to Think About

- What is a big goal that you want to achieve in your life?
- What are some of the things you could work at every day that would help you get there?

Ways to Practice

- Write down your big goal and some of the steps along the way.
- Choose two daily goals each morning this week. Keep track of whether or not you achieved your goals each day.

