THE ENDURANCE EDGE

1. A goal is positive. "I will not fail" is negative; "I will finish" is positive
2. A goal represents multiple levels. "I will finish" is singular; "I will finish feeling strong and accomplished" uses multiple layers of achievement
3. A goal explains how you will know you've achieved it. "I will finish feeling strong and accomplished" does not explain how you will know it to be true. "I will finish feeling strong and accomplished by appreciating the moment, celebrating at the finish line, and by demonstrating pride."

Step 1:
E - Where do you want to End Up? What is your goal? (be sure to be positive, multilayered, and set yourself up for explanation).

Step 2:
N - What do you Need? You understand that, you can't match that goal tomorrow which means you are missing something you need. What skills, knowledge, and/or support do you need to end up with the result you wrote above?

Step 3:
D - Determine your attitudes and behaviors that you will adopt, to gain the skills and knowledge that you need, to end up achieving your goal.

Step 4:

U - Uncover predictable barriers and obstacles that are threats to Steps 1-3.

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Step 5:

P - Plan and Perform. This is where you map out your calendar for the season, identify opportunities for growth, and engage in a weekly (if not even daily) plan.

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Review:

Is this where you want to EndUp? Can you **Perform** this **Plan** while accounting for your barriers you **Uncovered**? Did you **Determine** the proper attitude and behavioral habits to learn the skills and knowledge you **Need** to **EndUp** achieving your vision of success?

Yes -

No - return to step 1

Reflections/Notes:

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