

# POWER YOGA FOR SPORTS: SETTING POWERFUL GOALS

HOW TO CREATE YOUR IDEAL LIFE  
BY SETTING GOALS

"GOOD IS THE ENEMY OF GREAT"  
...TIME TO GET GREAT...

# MANTRA'S TO LOVE BY

**Everything you are is a result of everything you have thought”-----  
--Buddah**

**Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure , than to take rank with those poor spires who neither enjoy much nor suffer much because they live in the gray twilight that knows not victory or defeat. ----Theodore Roosevelt**

**It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, and comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.—Theodore Roosevelt**

# ASK YOURSELF

ARE YOU LIVING YOUR DREAMS?

ARE YOU HAPPY EVERY DAY?

ARE YOU LIVING YOUR BEST LIFE?

WHAT WOULD YOU BE DOING IF YOU KNEW YOU COULD NOT FAIL?

IS EVERY DAY FULL OF POSSIBILITY?

ARE YOU CONTRIBUTING TO SOCIETY?

DO YOU FEEL THE UNIVERSE IS WORKING THROUGH YOU TO  
SERVE OTHERS?

IF THE ANSWER TO ANY OF THESE IS **NO** THEN IT IS THE PERFECT TIME FOR YOU TO  
DIG IN AND **BE** THE CHANGE!

# GETTING STARTED

**First, you need to have a vision for what you want your life to look like. In any sport, athletes visualize scoring that winning goal or throwing that perfect pass. Goals give you long term vision and short term motivation. In goal setting, we visualize exactly what we want our life to look like in the years to come. From that vision, we can create the life that we are truly meant to be living. You lead by example as a teacher so when you have goals set for yourself in your life, your students will want the same. Goal setting is a very powerful way of motivating people, including yourself!**

**Let's get started...**

**Perhaps you want to print this out and write all over it so that you can carry it with you every day!!!!!!**

# BREAK THROUGH TRAINING FOR YOUR MIND AND LIFE

POSSIBILITIES

GOALS

BREAK THROUGH

COMMUNICATION

FUTURE

MIND

CONQUER

LIFE PURPOSE

EXPECTATIONS

ACHIEVEMENTS

LEADER IN THE FIELD

ABUNDANCE

BODY

# SUSANNE CONRAD TAUGHT ME

## STINGY VS. GENEROUS

### Stingy in mind

**Assessment:** assess others  
and self limits standards and shoulds

**Personal:** "I based, what is in it for  
me?"

**Closure:** I am right you are wrong, I  
already know

**Resignation:** there is no  
possibility the world is that way it just is.

### Generous in mind

**Commitments**

**Partnerships**

**Open**

**Possibility**

## COMMON THINKING

"IT WILL BE DIFFICULT"

"IT IS GOING TO BE RISKY"

"IT WILL TAKE A LONG TIME"

"THERE WILL BE FAMILY DRAMA"

"I DO NOT DESERVE IT"

"IT IS NOT MY NATURE"

"I CANNOT AFFORD IT"

"NO ONE WILL HELP ME"

"I AM NOT STRONG ENOUGH"

"I AM NOT SMART ENOUGH"

"I AM TOO BUSY"

"I AM TOO SCARED"

# NEW THINKING

"ANYTHING IS POSSIBLE"

"I CANNOT FAIL WHEN I PLAN AND TRUST THE UNIVERSE"

"THERE IS ONLY NOW I LIVE FULLY IN THE PRESENT"

"I MUST FOLLOW WHAT I FEEL SO DEEPLY"

"EVERYONE DESERVES THE GRACE OF TRUTH AND HAPPINESS"

"MY NATURE IS TO HAVE REVERENCE FOR ALL OF LIFE TO BE SINCERE AND GENTLE AND SUPPORTIVE"

"IF I STAY IN BELIEF OF THE UNIVERSE ALL I NEED WILL BE PROVIDED"

"BE IN SERVICE OF OTHERS SUCCESS UNSHARED IS FAILURE"

"IF I CAN CONCEIVE OF IT PASSION AND THE ABILITIES TO CREATE IT WILL BE GIVEN"

"WITH INFINITE PATIENCE I CREATE IMMEDIATE RESULTS  
THERE IS NOTHING TO FEAR"



# THE BIG PICTURE!

In order to create your ideal life, you need to start with a clear vision.

- Close your eyes.
- Where do you see yourself in 10 years?

Be as specific as possible, down to the color of the sheets that you sleep on!

Open your eyes now, grab a pen and paper and begin your brainstorm. Write as **MUCH** as you possibly can about what you **TRULY** want in your life if nothing could stop you. You might not know- but once you start putting your thoughts to paper, ideas will come out that will surprise you. Get everything out on paper first, we will hone in on what is important later. If you think that you want it in your life, write it down. Thing **BIG**! Write down lofty goals. **Get crazy**. If you see yourself as the next Oprah, or as a professional golfer even though you have never golfed a day, write it down. This is for you- it is personal so be honest with yourself.

WRITE WHAT YOU ARE GOOD AT

# KNOW WHAT YOUR GIFTS ARE ASK YOUR FRIENDS AND FAMILY FOR THEIR OPINION

1. What are my key strengths?
2. What is most unique about me?
3. What, if anything is bothersome to you about me?
4. What do you or others rely on me for?
5. Could you tell me something about myself that I do not already know?
6. When am I most powerful?
7. In what situation am I least powerful?
8. When am I most inspired?
9. If you could wish one thing for me in this next year what would it be?

**Ask 3 people all these questions, write down all of the answers**

PERSON ONE

PERSON TWO

PERSON THREE

# AFTER THE INTERVIEWS

**Do you see patterns and trends in the responses?**

**What responses stand out and why?**

# COMING TO TERMS

**Write out 5 successes, duplicate**

**Write out 5 failures, learn from them**

**Write out any incompletions, finish or move on**



# NARROWING IT DOWN

**Okay now that you have your vision brainstormed, you are ready to start breaking it down so that you can focus on the most important goals in your life.**

**Goals are set on a number of different levels. First you create your “big picture” of what you want and decide what large-scale goals you want to achieve. Second, you break these down into the smaller targets that you must hit so that you reach your goals. Finally, once you have your plan, you start working to achieve it.**

# MAKING A COMMITMENT

**What would you do if you knew that you could not fail?**

**“I’d move to Los Angeles and be a famous actor”**

**To make it happen, ensure that you always include a time frame. For example, “I move to Los Angeles by June of 2013”. Without a commitment to time, it’s not actually a goal.**

**“I want to travel more but between family and work there just isn’t enough time”**

**Lack of time is an illusion; every human has the same amount of time in a day. Our power is in how we choose to use our time.**

**Be specific with your goals. If you want to travel, where do you want to go and when? Set the course and begin your journey. Sailors don’t navigate the seas to get to a certain destination without setting the course.**

# SMART GOALS

**SMART** is an acronym that is very useful when setting goals. With each goal that you write, be sure that they are SMART goals!

## **Specific**

*I complete my first ½ marathon on July 2, 2013.*

## **Measureable**

*I save \$10,000 by July 2, 2014.*

## **Attainable**

*I successfully complete PYFS Yoga Training by September, 2012.*

## **Realistic**

*I hike the North Rim of the Grand Canyon by December 2014.*

**Time Sensitive** (always include a specific time that you will have a goal achieved)

*See above, all goals have an end date and time attached.*

# KEY POINTS

- **Goal setting helps for you to decide what is important for you to achieve in your life.**
- **It sets apart what is important from what is irrelevant or distracting.**
- **It motivates you.**
- **It builds your self-confidence**

**POST YOUR GOALS! Write them down and paste them up around your home as gentle reminders of what you are working toward.**

**YOU CAN DO ANYTHING THAT YOU SET YOUR MIND TO.**

# TIPS FOR WRITING POWERFUL GOALS

1. **Always write goals in the first person and present tense as though they already have been achieved**
2. **Use clear specific words that demonstrate commitment**
3. **The mind likes a specific number, include them in your goals**
4. **Allow yourself to see pictures of your life as you dream**
5. **Always write goals in the affirmative**
6. **Always include a timeline with each goal**
7. **Time travel to the future if you need clarity**
8. **Begin with three domains: **Personal, Health, Career****

# STREAMING THOUGHT WHAT IS YOUR UNHINDERED 10 YEAR VISION

**Personal**

**Health**

**Career**

# STREAMING THOUGHT: WHAT IS YOUR 5 YEAR VISION?

**Personal**

**Health**

**Career**

# STREAMING THOUGHT: WHAT IS YOUR 1 YEAR VISION?

**Personal**

**Health**

**Career**



# GOAL FOLLOW UP

1. **Accept *total* responsibility for everything that happens in your life**
2. **Revisit your goals often**
3. **Revise goals if necessary**
4. **Find a goal buddy, help each other stay on track**
5. **Share your goals with people you trust for accountability**
6. **Create visual reminders of your goals (ie: vision boards)**
7. **If you get off track, realize it...then forgive and restart**
8. **Move forward constantly**