**New Year’s Day Self-Evaluation**

Describe yourself as a ballplayer…

|  |  |
| --- | --- |
| How do you help your team win? | What parts of your game do you wish were stronger? |

Did you set any goals for the previous year? Did you achieve them? Did the goal change at some point during the year?

Which goals did you achieve, and how has your game improved over the last year?

What are your goals as a player for the next 12 months? Refer to your self-evaluation. Number your goals.

Planning for Success: On the next page, follow this process for each goal, using an outline-style format.

* Write the goal
	+ Brief, general idea or way to help achieve the goal
		- Specific way you can follow through on the idea that will help you achieve your goal
		- Specific way you can follow through on the idea that will help you achieve your goal
		- Specific way you can follow through on the idea that will help you achieve your goal
	+ Repeat for each idea you have

Ex. Goal #1 - Throw my fastball 80mph

* + improve my throwing motion
		- Shop smarter at the grocery store
		- Make more leftovers
		- Buy no more than 5 meals per week
	+ Improve my strength
		- Do 20 pushups per day
		- Improve nutrition
* Goal #1:
	+ Idea #1:
		- Specific thing you need to do #1:
		- #2
		- #3
	+ #2
		- #1
		- #2
		- #3
* Goal #2:

Continue if necessary…