



Use this sheet to set **one clear goal in each category**: Technique, Performance, and Mindset.

- **Technique:** Focus on the skill you want to refine.
- **Performance:** Identify how you want to connect and communicate on stage.
- **Mindset:** Choose the attitude or mental habit you want to strengthen.

Break each goal into **small, trackable steps** so you can measure your progress along the way. Then, take time each week to **reflect on what's working and what needs adjusting**.

Remember: real progress doesn't happen by accident, it happens when you train with **purpose, consistency, and intention**.

## Technique Goal

|                    |  |
|--------------------|--|
| Goals:             |  |
| Steps:             |  |
| Weekly Reflection: |  |

## Performance Goal

|                    |  |
|--------------------|--|
| Goals:             |  |
| Steps:             |  |
| Weekly Reflection: |  |

## Mindset Goal

|                    |  |
|--------------------|--|
| Goals:             |  |
| Steps:             |  |
| Weekly Reflection: |  |