



Direct Development  
TRAINING

SPECIFIC • ACCESSIBLE • ATTAINABLE

### Mental Factors

1 \_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_

4 \_\_\_\_\_  
\_\_\_\_\_

### Practices

\_\_\_\_\_

\_\_\_\_\_

# Achievement Now!

## Characteristics of a Goal

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

It is Meaningful if:

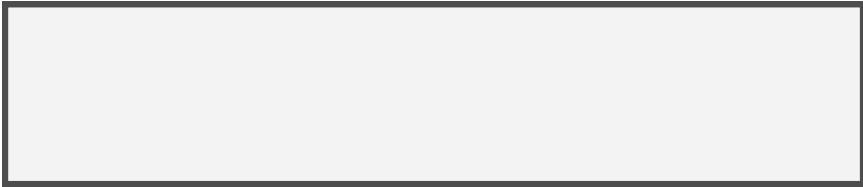
◇ \_\_\_\_\_

◇ \_\_\_\_\_

It is the Right Size if:

◇ \_\_\_\_\_

◇ \_\_\_\_\_



### Action Steps

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

**Tyler Enslin**

443.857.0509

tyler@ddtrainer.com

**[www.tylerenslin.com](http://www.tylerenslin.com)**



## Characteristics of Achievement

### Notes

---

---

---

---

---

---

---

---