

WHAT ARE YOUR YOUTH SPORTS GOALS

This 100-point exercise can help parents/caregivers and their athlete understand each other's sports goal. Use the form to allocate a total of 100 points, indicating the emphasis you place on the various goals listed. Parents/Caregivers and athletes should fill out their forms individually and use them to prompt conversation about their shared sports experience.



- _____ Become a good athlete
 - _____ Learn new skills
 - _____ Learn to play the sport
 - _____ Learn to overcome challenges
 - _____ Learn different perspectives
 - _____ Compete to win
 - _____ Build self-confidence
 - _____ Learn to process defeat
 - _____ Develop life skills
 - _____ Learn to support teammates
 - _____ Have fun
 - _____ Make friends
 - _____ Earn a college scholarship
- _____ Other specify: _____
- _____ Other specify: _____
- _____ Other specify: _____
- _____ Other specify: _____

100 TOTAL

SPORTS DONE RIGHT CHANGES LIVES

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