

STEP THIS WAY

Decide that you
want to be on
the basketball team.

Eat well and make
sure to get plenty
of rest the week
before tryouts.

Find someone who
can help you
improve the skills in
which you're having
trouble.

Be chosen for the
basketball team.

Start practicing,
and find out when
tryouts are.

Try out for the
basketball team.



ON YOUR WAY

Long-Term Goal

1. Write one of your long-term goals in the top box.
2. Think about the steps you need to take before you can achieve this goal. List the steps on the back of this activity sheet; then number them in the order in which they should be done.
3. Fill in the boxes with the stepping-stone goals that will help you reach your goal.