



# GOALS

# 2024 UCI BMX WORLD CHAMPIONSHIPS

Goals are dreams with time lines. Turn your vision into action. Time to represent team USA!



2024 BMX RACING  
WORLD CHAMPIONSHIPS

ROCK HILL SOUTH  
CAROLINA  
USA



# GOAL SETTING REMINDERS

"Limits begin where vision ends. Vizualize success and give yourself permission to win"

## **Types of goals**

- **Big Goal-** Focus on EXTERNAL outcomes & competition results
- **Mini Goal-** Focus on improvement against ONESELF
- **Action Goal-** Focus on HOW to acheive the skill/task

## **BMX Specifics**

- **Pressure-** Bmx is a pressure sport, by setting goals you are able to focus on the things YOU can control
- **Prepare-** You have prepared for this race, now execute
- **FUN-** Remeber why you are doing this, race hard and HAVE FUN!

**Big Goal For 2024 World Champs:**

[Empty white box for writing the big goal]

**Three Mini Goals:**

**Mini-goal A:**

[Empty white box for Mini-goal A]



**Mini-goal B:**

[Empty white box for Mini-goal B]



**Mini-goal C:**

[Empty white box for Mini-goal C]



**Actionable Tasks For Each Mini-Goal:**

**A Task:**

[Empty white box for A Task]



**B Task:**

[Empty white box for B Task]



**C Task:**

[Empty white box for C Task]



**Why do you want to acheive this?**

[Empty white box for writing why you want to achieve this]