

THE DIAMOND MINDSET

Reverse Engineering Challenge Worksheet

“You hit what you aim at. If you aim at nothing, you’ll hit it every time.”

List your ultimate goals for your baseball career. When your career is over, what do you want to look back and see that you accomplished?

List your baseball goals for the next 5 years. Do you want to start on varsity? Do you want to play college baseball? Do you want to get drafted? Do you want to be All-Conference, All-State, All-American? Be specific!

List your baseball goals for the next year, or 365 days. One year from today, what will you have wanted to accomplish?

Analyzing your goals for the next year, break that down into chunks. What do you need to accomplish in the next 6 months?

3 months?

What do you need to accomplish THIS MONTH to ultimately reach your end goal?

What about THIS WEEK? What steps can you take to move yourself one step closer to your goals? Is it working out a certain number of times per week? Is it cleaning up your diet? Is it hitting the cages more often? Is it finding an accountability partner to keep you in check?

Once you've established your goals for this week, create a daily schedule to keep yourself accountable

MONDAY:

- 1)
- 2)
- 3)

TUESDAY:

- 1)
- 2)
- 3)

WEDNESDAY:

- 1)
- 2)

3)

THURSDAY:

1)

2)

3)

FRIDAY:

1)

2)

3)

SATURDAY:

1)

2)

3)

SUNDAY:

1)

2)

3)

Finally, I want you to make a COMMITMENT to yourself! I also want you to share your goals with one other person, whether it's a coach, parent, friend, or sibling.

Don't be shy! No matter how big your goals are, with proper planning and execution you can achieve them!

When you're ready to make the commitment, sign and date below. Get one other person to sign and date as a witness.

Your Signature

Today's Date

Witness Signature

Today's Date
