**Week 1: Stingray Worksheet**

**What is a goal?**

**The object of a person's ambition or effort; an aim or desired result.**

**What does this mean to you? Write a few sentences**

**What type of Goals should we have?**

**We should have personal goals, academic goals, swimming goals to name a few.**

**Tell me two goals for each of these that you have.**

**Academic:**

**1.**

**2.**

**Personal:**

**1.**

**2.**

**Swimming:**

**1.**

**2.**

**Other:**

**1.**

**2.**