

1

BUILD YOUR GOAL TREE

BIG GOALS ARE BUILT THROUGH
SMALL, CONSISTENT ACTIONS.

KINGDOM WRESTLING

*SCORE THE
NEXT POINT.*

1. LONG-TERM GOAL

Where do I ultimately want to go?

2. MID-TERM GOALS

What needs to improve to get me there?

3. SHORT-TERM GOALS

What am I working on right now?

4. PERFORMANCE GOAL

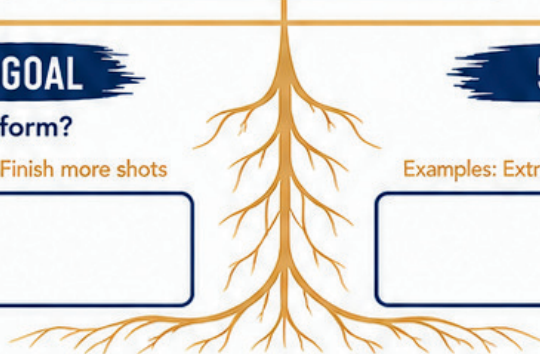
How do I want to perform?

Examples: Score first • Escape faster • Finish more shots

5. EFFORT GOAL

What can I control?

Examples: Extra reps • Attack consistently • Give full effort



**WRESTLING
EXAMPLE**

STATE
QUALIFIER



My big goal.

IMPROVE
FROM BOTTOM



What I need to
get better at.

20 EXTRA
STAND-UPS
2X PER WEEK



What I will do
consistently.

Small actions
repeated over
time lead to

**BIG
results.**

KAIZEN: SMALL IMPROVEMENTS + CONSISTENCY + TIME = BIG RESULTS

2 CONTROL THE WORK

FOCUS ON WHAT YOU CAN CONTROL.
EFFORT IS ALWAYS IN YOUR HANDS.

FOCUS ON YOUR **EFFORT.**
CONTROL YOUR **PERFORMANCE.**
TRUST THE **OUTCOME.**

THE 3 TYPES OF GOALS

NOT ALL GOALS ARE CREATED EQUAL.



OUTCOME GOALS

The results you want.
You don't control these.

EXAMPLES:

- Win the state tournament
- Place at state
- Make the varsity lineup



PERFORMANCE GOALS

How you want to perform
or what you want to
accomplish.
You can control these.

EXAMPLES:

- Get better at stand-ups
- Score first in matches
- Hit 80% of my shots



EFFORT GOALS

The habits and effort
you bring every day.
You fully control these.

EXAMPLES:

- Give full effort every rep
- Extra reps after practice
- Stay disciplined daily

FOCUS ON YOUR *EFFORT.* CONTROL YOUR *PERFORMANCE.* TRUST THE *OUTCOME.*

TURN BIG GOALS INTO DAILY WORK

OUTCOME GOAL



STATE QUALIFIER

I want to qualify
for the state tournament.

BREAK IT DOWN. GET SPECIFIC.

PERFORMANCE GOAL



BETTER STAND-UP

I want to be great
at my stand-ups.

EFFORT GOAL (DAILY)



20 EXTRA REPS

After practice,
I will do 20 extra stand-ups.



When your effort is strong, your performance improves.

When your performance improves, your outcomes take care of themselves.

KAIZEN
SEEK CONSTANT
IMPROVEMENT

Small improvements may seem small now,
but over time they create massive results.

1%
BETTER
EVERYDAY



CONSISTENT
OVER TIME



MASSIVE
RESULTS

REMEMBER:

THE DAYS YOU DON'T
FEEL LIKE IT ARE THE
DAYS THAT MATTER MOST.

**SHOW UP.
DO THE WORK.**

DISCIPLINE TODAY.

CHARACTER TOMORROW.

LEGACY FOREVER.

3

BUILD YOUR PLAN

YOUR PLAN = YOUR DAILY ACTIONS.
YOUR ACTIONS = YOUR RESULTS.

SMALL STEPS.
BIG GROWTH.
THAT'S KAIZEN.

MY BIG GOAL

1 BREAK IT DOWN

What are the key things I need to focus on?

- _____
- _____
- _____
- _____
- _____

2 DAILY ACTIONS

What small actions will I take every day?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

HOW I WILL TRACK MY PROGRESS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

3 STAY ACCOUNTABLE

Who will help hold me accountable?

PERSON: _____

HOW THEY WILL HELP: _____

4 REVIEW + REFLECT

Check in, adjust, and keep improving.

I WILL REVIEW MY PLAN:

☐ DAILY ☐ WEEKLY ☐ MONTHLY

WHAT I WILL DO TO GET BETTER:



CONSISTENCY IS THE ENGINE.
KAIZEN IS THE FUEL.
KEEP SHOWING UP. DO THE WORK.

REMEMBER:
YOU DON'T HAVE TO
BE PERFECT.
YOU JUST HAVE TO
GET 1% BETTER
EVERY DAY.

DISCIPLINE TODAY.

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