



STRIVING FOR EXCELLENCE



Greta Streimikyte — Paralympian (Athletics)

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EXCELLENCE



For more info about Dare To Believe go to daretobelieve.ie

WHAT'S YOUR OLYMPIC SIZED DREAM?

If you could be anyone in the world for a day, who would it be?

If you had a magic wand, what would you do? Who would you help?

(Brainstorm and write or draw your answers in the space below. Take your time doing this.)

WHAT SEEMS IMPOSSIBLE?, SEE, DO, INVEST
T. CREATE, BE, HELP. EXPLORE, BUILD.
LEARN, SHARE, ACT, SUPERPOWERS, LOVE



"Imagination is more important than knowledge."

- Albert Einstein

GOALS BUILD DREAMS



Instructions

- Write your goal in the center of the wheel.
Pick a goal in one area of your life:
(school, sport/physical activity, social/family).
- Write the ingredients to achieve your goals in the spokes.
- Write the reasons for your goals below the wheel.
- Who will help you achieve your goal?
- What obstacles will you face and how will you overcome them?

A. Thomas Barr

Goal: Olympic 400m Hurdles

C. WHY THOMAS RUNS:

It's fun
Put your hard work to the test
Break a personal best and for personal satisfaction
The adrenaline rush
When races go well it's exhilarating and addictive
When races don't go to plan, I want to correct the mistakes
I want to represent and win medals for my country
I want to make all the people who support me proud

D.



Coaches
Physio and massage therapist
Training group
My managers / agents
Athletics Ireland and Sport Ireland
The Olympic Federation of Ireland
Sponsors

E.

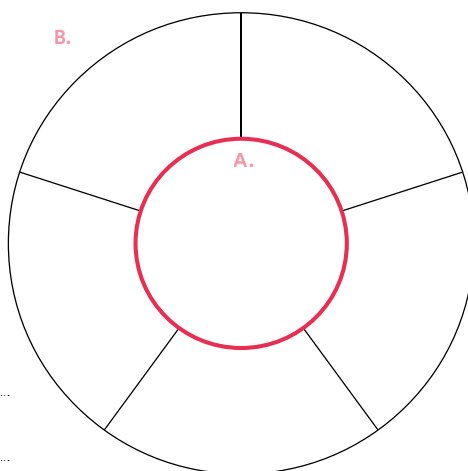


Injury
Illness
Bad weather
Low motivation
Outside pressure to perform
Work/life balance
Nerves before races

CHALLENGE

Fill out your own goal wheel.

My Goal



D.
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E.
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C. **Why:**
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