

# Goal Setting, Life Balance and Time Management

## Paul Hood – Geelong Football Club

A great session with Paul Hood from the Geelong Cats last night in the Deakin Cats Community Centre. Paul spoke about all things Goal Setting, Life Balance and Time Management. Some great strategies and ideas taken on board by athletes that will surely be put into place in their everyday lives.

### Key Takeaways from the session included:

- The importance of having down time and relaxing.
- Planning out your week with everything you need to do and allocating down time , time with friends etc
- It's good to have mentors and heroes you look up to
- What are you grateful for in your life?
- Setting short, medium and long term goals
- Mistakes, setbacks and missed opportunities are all learning's that make us better in the long run.
  
- **SMART GOALS - Set goals that are**
  - o S – Specific
  - o M – Measurable
  - o A - Attainable
  - o R – Relevant
  - o T - Timely