

STEP 1 – SUMMARY



Start with the end in mind – What are you aspiring to become? How do you want to be described as a player, teammate, person? This needs to be detailed enough to evoke images, feelings, motivation. It must inspire you and have true meaning. A well written vision statement is 5-7 words no conjunctions, it is what you inspire to become and should have no deadline.

Vision: A clear image of my future. An inspiring, empowering, optimistic, value-based description of the person I am striving to be throughout my life (Why). My vision never ends.

Mission: Steps to the vision. How I will pursue my vision, these steps include a series of milestones within a passion (hockey) that I aspire to reach as I relentlessly and consistently pursue my vision on a daily basis (What).

Role: The way I best help my team pursue the team mission. It is based on my skills, my strengths, and most importantly, what the team needs from me.

Actions: These are the specific core values and action that I do as I live my role, hunt my mission, and aspire towards my vision. I have on-ice and off-ice actions. I have physical, emotional, mental, spiritual actions.