

# 2026

# Figure Skater Goals

# Workbook

A simple yet structured and repeatable system to turn skating dreams into clear, achievable plans

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# Why Goal Setting Matters

Most skaters work hard – but without a clear plan, effort can feel scattered, frustrating, or endless.

Goal setting gives your training direction. It helps you stay motivated during tough phases, measure progress realistically, and trust the process when results take time.

By completing this workbook, you are already doing more than most skaters. You are choosing to train with intention, clarity, and purpose – not just hope.

*"Believe you can and  
you're halfway there."*

– Theodore Roosevelt

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# Here's how it works

## Step 1:

Big-Picture Goal Questionnaire (Printable)

Explore:

- Big skating dreams (no limits)
- Best-case outcome goals
- Minimum “still proud” outcomes
- A backup plan if things don’t work out
- Why the goal matters emotionally (huge for motivation)

## Step 2:

Visualisation & Thought Prompts

Printable reflection pages to help you:

- Imagine how achieving the goal will feel
- Picture confidence, pride, and progress
- Mentally rehearse not achieving it – and choosing a strong response anyway
- (This is sneaky resilience training in the best way.)



## Step 3:

Macro / Meso / Micro Planning (Simple + Clear)

- Plain-English explanation of:
  - Macro (season/year)
  - Meso (monthly / 6-8 week blocks)
  - Micro (weekly actions)
- Clean, printable planning charts for each cycle

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# Here's how it works

## Step 4:

Block Scheduling → Action

- Clear instructions on turning goals into actual calendar commitments
- Encourages treating training like non-negotiable appointments
- Bridges the gap between wanting and doing

## Step 5:

Monthly "Am I On Track?" Wall Sheet

A simple accountability page they can:

- Print every month
- Stick on their wall or noticeboard
- Use to self-coach without pressure or shame

*"A goal without a plan  
is just a wish."*

— Antoine de Saint-Exupéry

# Step 1

## Define the Big Picture

If nothing was holding you back, what would you LOVE to achieve in skating? The dream goal:

What would a great outcome look like this season? A goal that would be brilliant even if it's not the dream goal:

What is a realistic minimum outcome you would still feel proud of? A small goal you would still be happy with:

If things don't go to plan, what is a positive backup goal that still moves you forward?

Why does this goal matter to you personally?

# Step 2 Visualise Success & Setbacks

How will it feel physically and emotionally when you achieve these goals?

What will be different in your skating and confidence?

What are some possible obstacles towards these goals?

How can you reduce these obstacles?

If the goal is not achieved, what would you tell yourself?

What will success still look like in effort, consistency, or learning?

# Step 3 - Plan: Macro Cycle (BIG Goals)

The macro cycle is your big-picture focus. This usually covers around six months and represents what you are ultimately working towards. Examples might include landing a new jump, passing a test, or preparing for a major competition.

How to use it: Choose one main priority. Break the six months into six clear stages, each with a purpose. This prevents rushing and helps you trust long-term progress.

	1	2	3	4	5	6
Goal / Stage						
Month						
Main Focus						
Key Skills						
Off Ice / Extra help						

Notes:

# Step 3 - Plan: Meso Cycle (Monthly Goals)

The meso cycle breaks your macro goal into manageable 4-5-week chunks.

Each block has a specific training intention such as technique development, consistency, confidence, or performance readiness.

How to use it: Each meso cycle should answer one question: 'What needs the most attention right now to move me closer to my big goal?'

	1	2	3	4	5
Goal / Stage					
Week					
Main Focus					
On Ice Priorities					
Off Ice / Mindset					

Notes:

## Step 3 - Plan: Micro Cycle (Weekly Goals)

The micro cycle is where goals turn into action. This level focuses on what you are doing session by session. Each micro cycle usually spans 3-6 training sessions (per week)

How to use it: Keep this simple and specific. Choose one or two key intentions per session. Success here is about quality focus, not perfection - don't overthink it. This might be the same plan for a few weeks depending on your goals.

	1	2	3	4	5	6
Training session						
Key drills / Elements						
Confidence Cues						
I'd be happy with						
Reflection (After the session)						

Notes:

# Step 9

## Turn Goals into Action

Goals only work when they are scheduled. Treat your skating goals like important appointments.

Block time in your week / month and year for on-ice practice, off-ice training, recovery, and mindset work.

Ask yourself: When exactly will I work on this? Where does it fit in my real life?

Put it in your diary and it will make it happen - miss this step and in a weeks time you'll be back to where you were without a plan.


*"If you talk about it, it's a dream, if you envision it, it's possible, but if you schedule it, it's real."*



- Tony Robins

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# Step 5

## Monthly Check-In

What progress did I make this month?

Goals	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

What worked well?

What felt challenging?

What needs adjusting next month?

One commitment I am making for the next 30 days:

Sign yourself to do it: \_\_\_\_\_

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# Final Word

Very few skaters take the time to plan like this.

By setting goals, visualising outcomes, and breaking them into action steps, you are training not just your body – but your mindset.

Progress is rarely perfect, but clarity always creates momentum.

## Remember:

*Motivation comes AFTER  
Movement - Turn Up  
and Don't Give Up*

For more resources like this consider getting the iskateCoach App,  
I'm adding things like this all the time.

Search "iskateCoach" in the App stores.

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