

Creating Your MVP Process - Step #2

For the ENERGY Windshield Vision, I break this into the subcategories of:

- **Physical**
- **Mental**
- **Emotional**
- **Spiritual**

I make sure that my clients (myself included) are setting 1-3 Quarterly goals for each subcategory.

When setting these goals they must follow the SMART Vision Setting Process:

- **S = Specific** – Can you clearly see the vision being achieved and is it easily answered with a YES or NO in regards to achievement it at the end of the quarter.
- **M = Measurable** – is the vision clearly measurable?



- **A = Attainable** and within reach – is the vision attainable in the next 90 days? Or, is it more of a life vision that will take more time than the current quarter?
- **R = Relentless** – is this a vision that I am ultra motivated to achieve and will relentlessly attack? If not, don't set the vision.

- **T = Time Driven** – Do I have a specific date and time I will get this vision accomplished? (More on this in another article as I explain developing a “168 plan”).

If you set **SMART** visions, you give yourself the best chance to achieve them. The more specific you are, the more meaning your goals and vision will have to you. And when adversity strikes and you want to give up, having deeply meaningful goals is incredibly important.

In my online courses, at coachp.net, I teach athletes and corporate warriors how to create more intention in their lives. The courses are designed to help them figure out more of who they are, what they want, and identify where they are investing their time.



**Visit or chat with Coach P
at coachp.net**

Coach P is a coach and mental performance consultant, he specializes in peak performance for both athletes and corporate warriors.

He teaches the same approach that elite-level performers use to achieve at the highest levels, which includes two MLB Cy-Young Award winners, a Heisman Trophy Winner, 5 UFC World Champion MMA fighters, World Series and Super Bowl Champions, Olympic Medalists, Team USA Baseball, multiple NCAA National Players of The Year, NCAA National Champions and the list goes on. You can sign-up for his newsletter by emailing coach@coachp.net