Systems Check

“*The goal in any sport is to finish with the best score, but it would be ridiculous to spend the whole game staring at the scoreboard. The only way to actually win is to get better each day.*” - James Clear

Goals are for setting a direction, but systems make progress. When you spend too much time thinking about your goals and not enough time working on your systems, you forget about the work you have to put in. Focusing on the day-to-day is the most important part about swimming.

Why do I swim? What do I like about swimming?

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What do I want to get from Swimming?

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What do I need to focus on this year?

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Who can help me?

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