

Worksheet – Alpine Start Session 1: Goals and Weaknesses  
Brought to you by Lauren Abernathy of senderellastory.com

Take 10 minutes to brainstorm using this worksheet. Let the questions guide your brainstorming session. This will help you to set the tone and understand your motivations for training while in quarantine.

**Part 1: Goals**

**What are some big outdoor objectives that you want to accomplish in 3-5 years? Be as specific as possible. If you can list specific routes, boulders, or you have a dream tick list, include it here. If you don't that's ok too. However, the more specific you are, the easier it will be to plan to get there. If your goals are more general like climb X grade, that is ok too. After all, this is 3-5 years out.**

**What are some outdoor objectives that you want to accomplish in the next 3-12 months? Do you have any trips planned for the fall? Any projects at a local climbing area? List those here.**

**What obstacles, physical or otherwise might hold you back from achieving these goals?**

**When trying to achieve a climbing/outdoor goal in the past, what has worked really well? You can list training, tactics, the way you planned a trip, your climbing partners. Anything.**

