



**Eagles Basketball**  
**2012-2013**  
**Formula for Success**

1. Know your strengths & weaknesses.
2. Don't set goals that are easily attainable. Your reach must exceed your grasp.
3. Have a written plan with deadlines. Something to visualize.
4. Evaluate your progress.
5. Have short term, medium range, and long range goals.
6. Plan daily. If you fail to plan, you are planning to fail!



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