

**NAME:** HAILEY DANZ

**SPORT:** PARA-TRIATHLON



**CONNECT WITH HAILEY**

 @HAILSTORMUSA

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**CAREER HIGHLIGHTS**



★ **2016:** Silver medal, paratriathlon; Paralympic Games Rio 2016

# HIERARCHY OF GOALS

## Task Goals

Moment-to-moment, mindfulness

e.g. arm drive, belly breathing



## Process Goals

Day-to-day, habits

e.g. nutrition, making all practices



## Performance Goals

Benchmarks, unaffected by others

e.g. 1:30 pace on swim



## Outcome Goals

End result, affected by others

e.g. podium at Worlds