



# GOAL SETTING

## Goal setting is an important method of:

- Deciding what is important for you to achieve, and what is irrelevant
- Motivating yourself to achievement
- Building your self-confidence based on measured achievement of goals
- Deciding how committed you are to your sport

## You can set goals effectively by:

- Phrasing them positively
- Defining them precisely
- Prioritizing multiple goals
- Writing them down
- Keeping them manageable: Not too hard, but not too easy.
- Setting performance goals, not outcome goals. Outcome goals are 'pass/fail' in nature, while performance goals are more subjective, and might use percentages, or marks out of 10 etc.

## By setting goals you can:

- Achieve more
- Improve performance
- Improve the quality of your training
- Increase your motivation to achieve
- Increases your pride and satisfaction in your performance
- Improve your self-confidence

## Research has shown that people who use goal setting effectively:

- suffer less from stress and anxiety
- concentrate better
- show more self-confidence
- perform better
- are happier with their performances

## Deciding Your Goals; Goals can be set to achieve...

- Commitment to the Sport
- New Skills to be mastered
- Your Goals in Life

## General Guidelines: SMARTER

- Specific*
- Measurable*
- Agreed*
- Realistic*
- Time limited*
- Enjoyable*
- Rewarded*

*Positive Statements*

*Set Priorities*

*Keep Goals Small. Aims are the destination. Goals are the journey.*

## Important Points

1. **Set Performance, not Outcome Goals.**
2. **Set Specific Goals**
3. **Set Realistic Goals**
4. **Setting Goals at the Right Level; not too easy or too hard**

## Achieving or Failing to Reach Goals

When you have achieved a goal, take the time to enjoy the satisfaction of having achieved the goal. Absorb the implications of the goal achievement, and observe the progress you have made towards other goals. If the goal was a significant one, or one that you had worked towards for some time, take the opportunity to reward yourself appropriately.

*Where you have failed to reach a goal, ensure that you learn the lessons of the failure. These may be:*

- that you didn't try hard enough*
- that your technique was faulty and needs to be adjusted*
- that the goal you set was unrealistic...*