

## Why should I set goals?

1. To develop and maintain **motivation** – challenging goals keep you motivated over long periods of time. They help sustain your efforts when the going gets tough.
2. To develop **confidence** – setting & achieving goals helps build confidence. You will begin to expect success.
3. To improve **focus and planning** – goals help direct your attention and planning efforts to the most important areas.

## Types of goals

There are two major types of goals you should be aware of:

1. **Outcome Goals** (win/loss goals, focusing on end results, rankings, beating someone else)
2. **Process or Performance Goals** (improving your past efforts, focusing on procedures, skills & actions)

## How can I set effective goals?

Follow these **SMART** guidelines to set good goals for yourself. Goals should be:

1. **Specific** – make your goals detailed, exact and clear.  
Eg – to improve my strength soon (vague goal)  
→ to increase upper body strength by 10% by 10<sup>th</sup> Dec (specific goal).
2. **Measurable** – goals must be measurable so that you know if you're on track.
3. **Action Oriented** – identify concrete actions & strategies that will support your goal.  
Egs. Obtain nutrition info, get a new strength & conditioning program.
4. **Realistic** – setting unrealistic goals leads to frustration and disappointment. Make them challenging but within your capabilities.
5. **Time phased** – set a specific date to achieve your goal by.

## What areas can I set goals?

There are many areas you can set sporting goals in. Several key areas include:

1. **Physical** (eg. strength, aerobic capacity, flexibility, agility)
2. **Technical** (technique - skills, body position, footwork, stance etc.)
3. **Mental** (confidence, concentration, teamwork, controlling emotions)
4. **Tactical** (knowledge of tournament/game rules, tactics, court sense)

## Goal setting tips!

- Make sure you **write down your goals** and place them somewhere you will see everyday (above your desk or bed at home is a good location). This way they will not get lost or forgotten.
- Decorate your goal worksheet with **pics, images & symbols** that remind you of your goals.
- Don't forget to **evaluate, update and modify** your goals. A regular fortnightly or monthly check on your progress will make sure you stay on track.
- **Devise strategies** that you will need to put into place to achieve your goals (sacrifices you will need to make, people you will need to help you, things you will do to make your goals happen).
- Once you have achieved a goal, **reward yourself** and set a new more challenging one – buy yourself a new CD, item of clothing, or take yourself and a friend to a movie or special dinner to celebrate your achievement.