

GOAL SETTING



the road map to your dreams...



TrueSport[®]

GOALS

are designed to help you get where you want to go. They are **the road maps to your dreams**, helping you to remain focused on the destination.

Increase my mental focus!

Shorten my reaction time!



Goal-Setting TIPS:

Goal-Setting GUIDELINES:

 Daily Goals

Short-Term Goals 

 Long-Term Goals

SMART Goals 

Specific, Measurable, Attainable, Reasonable, Timely

-  Daily goals should be process-oriented.
-  Understand that outcome goals are seldom appropriate because there is so much about an opponent(s) that you are unable to control.
-  Be sure your goals are specific to something you really want, not just something that sounds good.
-  Keep your goals consistent with your values.
-  Make sure your goals do not contradict other goals.
-  Write your goals in the positive rather than the negative.
-  Use detail and action words with your goals.
-  Create goals that can be measured.
-  Regularly evaluate your goals.
-  Allow some flexibility with your goals and adjust as needed.
-  Sometimes it is helpful to set goals in a variety of areas: family, school, extra-curricular activities, health, and social.
-  Make sure your goals are high enough yet attainable.
-  Own your goals and celebrate your successes!
-  Most importantly, write down your goals, as research shows this increases effectiveness.



Goal-Setting TYPES:

Outcome
Related to winning, losing, and specific competition.

Performance
Related to various statistics that can improve performance.

Process
Related to performance goals and what the athlete should focus on while practicing a skill.

The most helpful kind!

MY GOALS:

LONG-TERM GOAL:

SHORT-TERM GOALS:

Family

School

Social

Health

Extracurricular Activities



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