

Goal-setting is the process by which you set targets and identify the steps you need to take to achieve them.



TYPES OF GOALS

OUTCOME GOAL

These goals represent an objective you would like to achieve but you don't have full control over. For example you could set an outcome goal to win a soccer match but you can't fully guarantee this will happen because you can't control how the opposition prepares, injuries, the weather, the style of refereeing etc. Often outcome goals involve a comparison with others.

Example: Win the soccer match

PERFORMANCE GOAL

These goals are used to help you improve your own performance in specific areas. Unlike outcome goals, these types of goals do not involve comparison of yourself with others and therefore are completely in your control.

Example: 80% accurate passes in the soccer match

PROCESS GOAL

These goals focus on form, strategy and any other processes you must go through to perform a skill successfully or to meet your performance and outcome goals.

Example: 9/10 self-rating for loud and clear communication in the soccer match

TO MAKE YOUR GOAL-SETTING AS EFFECTIVE AS POSSIBLE:
MAKE SURE ALL YOUR GOALS ARE **SMART** GOALS

SPECIFIC **M**EASURABLE **A**GREED **R**EALISTIC **T**IME-BOUND

USE THE FOLLOWING GOAL-SETTING PROCESS:
WHAT, HOW, WHEN, WHY, REVIEW

WHAT



Choose an outcome goal and the timeframe in which you want to achieve this goal.

HOW



Identify the series of performance and process goals that will help you achieve your outcome goal.

WHEN



Use a weekly planner to help you identify when you will work on and achieve your performance and process goals.

WHY



Identify why you want to achieve this goal. It's really important to know what your motivation is - this will make it easier to put in the work towards achieving your goal.

REVIEW



Track your progress! It's really important to tick off your goals as you achieve them. This gives you recognition for making progress and is key to helping you build confidence. It also allows you to adjust goals to make them more or less challenging or to adjust the timeframe for achieving them as necessary. Use a performance diary to keep track of all the process and performance goals you achieve along the way so that at any point you can look back and see how far you have come.