Goal Setting

**Why set goals?**

* To **focus** attention.
* To **motivate** the performer.
* To increase **confidence**.
* To reduce / control **anxiety**.
* To increase **task persistence**.

# Types of Goal

## Outcome goals

Are related to end result. E.g. To win a gold medal.

## Performance Goals

Are concerned with performance measured against other performances. E.g. Beat your personal best by running under 10 secs for 100m.

## Process-oriented Goals

Concentrate on the technique and tactics. E.g. increase knee lift whilst sprinting.

# Think “SMARTER”

**S** – Specific

**M** – Measurable

**A** – Achievable

**R** – Realistic

**T** – Time bound

**E** – Evaluate

**R** – Redo

What goals would you set someone to increase their **confidence** and control their anxiety? Give a full example.

|  |  |
| --- | --- |
| Write out a goal below making sure you highlight SMARTER throughout your goal. | |
| How is your goal above: | |
| Specific |  |
| Measurable |  |
| Achievable |  |
| Realistic |  |
| Time bound |  |
| Evaluated |  |
| Re-done |  |

Be careful with Achievable and Realistic. I have seen different explanation of each. Sometimes the A is Agreed but our specification is achievable.

Explain below what your take is on the difference been achievable and realistic.