

# Sport Psychology Newsletter

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## Goal Setting: Five Keys

- 1** Be clear with your goals. Clarity guides us along the path to achievement
- 2** Do things because YOU want to, not because others may want you to
- 3** You always miss the shots you don't take-so take 'em!
- 4** Whatever you do, take action above everything else
- 5** If you don't know, find someone that does, and emulate them

## Goal Setting 101

### Part One: Starting From Scratch

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As the year 2001 comes to a close, take some time to reflect on your New Year's Resolutions. You remember them, right? You remember writing them down last December 31<sup>st</sup>, right? How many have you accomplished? Have you followed through on any? If the answer is no, you are definitely not alone.

In this two-part edition of the Sport Psychology Newsletter, we will discuss the art of goal setting. More specifically, we will discuss methods to get yourself out of "the rut" and begin to achieve some of your life goals.

#### Motivation: What is it?

What exactly *is* motivation? Motivation is synonymous with passion. People who are motivated are those that are passionate about what they are doing, be it a small, everyday task or a major life change. And passion, it can be argued, is an attitude, or way of thinking. Therefore, motivation is not a static, unchanging concept. It is a dynamic, ever-changing concept. When we think of motivation in this manner, we realize that

whether we are motivated or not is *entirely* up to us!

So how do you know if you are truly motivated to change? You will know you are motivated if you actually taking action and following through. It's that simple. If you aren't taking action, you aren't motivated.

But what if I just can't get motivated, you may ask? If this is the case, then it becomes clear that you have not formulated a plan, a design, or a dream for your life. People that have a vision for the quality of life they want to lead are naturally motivated. They have a purpose and a plan to their life and life goals.

#### Motivation Killers

There are five common motivation "killers" that are helpful to avoid in order to be more productive in working towards our goals. These include vagueness of goals, being extrinsically motivated, fear of failure, inactivity, and lack of knowledge.

#### Goal Killer #1: Vagueness

Have you ever gotten into a car without knowing where you were going to drive? Of course not. The same principle applies to setting goals and living with passion. Therefore, the clearer you make your goals, the better your chance of attaining them.

## **Goal Killer #2: Being extrinsically motivated**

People that are extrinsically motivated are those that are motivated by something outside of themselves. Common examples would be those that are motivated by money, or possessions, or even by what others think of them. However, being extrinsically motivated lead to a tumultuous life. What happens if you do not get the money you so desired? What happens if you don't drive the hottest car? What happens if somebody disagrees with you? The answer is that you have compromised yourself, and you end up unhappy.

## **Goal Killer #3: Fear of failure**

Fear of failure is a common goal and motivation killer. The thought that failure is intolerable or horrible overrides all other thoughts, and the end result is the failure to take the risks necessary to grow and improve. In sports, how can you expect yourself to score if you don't shoot? The same principle holds true in goal setting and achieving. It's quite normal to fear that you might not succeed, however, *try not to let that fear rule you. Act in spite of it.*

## **Goal Killer #4: Inactivity**

Inactivity is one of the most common methods for reducing enthusiasm and passion. However, it is also the most easily corrected problem. If you want results, you have to take action. Any action. But the results are solely dependent upon something being done. Many people have lofty dreams and

aspirations, however, whether they take action to make them come to fruition is another story altogether.

## **Goal Killer #5: Lack of knowledge**

Lack of knowledge is the final most common motivation destroyer. After all, how can you be passionate about a goal if you have no idea how to go about attaining it? The answer: Find someone who has done what you want to do, and model him/her. This person could be someone you know personally, or someone you read about, watched a movie about, etc. There are people in this world that have done that which you seek to do. All you have to do is find out their "methods" and emulate them as best possible.

## **Sport Psychology Services**

Jennifer Carter, Ph.D., is the Director of Sport Psychology Services at The Ohio State University. Dr. Sam Maniar and Leif Smith are Sport Psychology Consultants. All three are available to address performance issues or personal concerns with student-athletes. Consultation with coaches, trainers, and physicians is also available. To set up a confidential appointment, please call **293-3600**. Jennifer's direct line is **293-2432**, Sam can be reached at **293-2440**, and Leif can be reached at **598-4539**.

## **Sports Quote of the Month**

"When people tell me there is only one way to do things, it lights a fire under my butt. My instant reaction is, "I'm gonna prove you wrong!"

-Picabo Street, American Olympic Skier

## **Notable Quotes**

"My sister's expecting a baby, and I don't know if I'm going to be an uncle or an aunt".

-Former North Carolina State basketball player Chuck Nevitt, explaining to coach Jim Valvano why he appeared nervous at practice.