

Goal Setting Worksheet

Updated the week of: _____

If you view goal setting as a staircase, each individual step should represent a short-term goal. The bottom step can be seen as today and the very top step of the staircase will be some specific point in time in the distant future. To effectively use this worksheet, start at the bottom and identify short-term goals.

Having achieved a series of short-term and intermediate-term goals, the long-term goals will be in sight and will be seen as achievable and realistic.

Long-term goals			

Intermediate goals build upon the short-term goals identified earlier. This is where adjustments can be made in order to help the athlete focus on how they will achieve their long-term goals.

Intermediate goals			

The bottom step is today, a starting point from which students may begin to identify a series of short-term goals that will eventually lead to a long-term goal.

Short-term goals			

Target

Date



Setting goals is critical to your success as an athlete in both sports and life. It's important that you stay committed to evaluating and changing your goals when needed. You should create and monitor goals for practice and competitions or games.

Younger athletes' goals may simply be to have fun, make friends or learn to run faster. As you get older, your goals can be more specific and more focused on improving your performance.

It's important to remember that goals should not become expectations that weigh you down. In other words, it's one thing to have a goal and work toward it and evaluate it often. In this case, you keep in mind that goals can and should change. It's another thing—and not as healthy—to place high expectations on you, such as “I HAVE to make 10 shots today.”

You need to set challenging and appropriate goals, but without the heavy burden of strict expectations. Why are expectations so harmful to goal-setting? First, you set yourself up for a win/lose situation. You either achieve your expectations or you fail to achieve your expectations. Second, if you don't achieve these expectations, it's easy to question your ability.

Essentially, when you establish rigid, high expectations you set yourself up for failure before you even start. If you don't meet these expectations you'll feel as if you are failing to meet your goals. This can cause you to become frustrated with your progress. We don't want that to happen!

We've talked about how important it is to know HOW to establish goals. It's also important—and maybe not always easy—to figure out what your goals are. Your goals should be specific and measurable. They should include a timeline. They should match your abilities. And they should be challenging.

What's more, the goals should be stated in positive terms. For example, you might say, "I'm going to improve my defense." That's a positive statement. A negative statement would be "I'm going to stop messing up on defense."

Your goals should focus on process and performance, rather than on outcomes—things like scoring a certain number of points.

Consider these things when setting goals:

- o A goal should identify a specific action or event that will take place.
- o A goal and its benefits should be quantifiable. That means you should be able to say how many hours you'll work on a goal—and what you'll get from it.
- o A goal should be attainable given available resources.
- o A goal should require you to stretch some, but ensure that you will likely be successful.
- o A goal should state the time period in which it will be accomplished. For example, "I'll achieve this goal in two months." Again, remember that you can change such goals!

WHAT IS A SMART GOAL?!

Most goal-setting approaches can be traced back to a simple framework proposed nearly 40 years ago, referred to as the SMART way to write goals. Goals are SMART when they are specific (clearly written), measurable (progress can be observed and tracked), attainable (appropriate training resources and coaching support are provided), realistic (within reach of the athlete's current level of performance), and time-bound (have a due date).



Why is Goal Setting Important????

1. It Gives you Focus
 - a. Without a goal, your efforts can become disjointed and often confusing.
2. Helps you measure progress
 - a. Being able to keep track of your progress toward achieving a goal is only possible if you set one in the first place.
 - b. Being able to measure progress is extremely rewarding and will help you maintain focus, keep your head held high and your energy up. It will also keep you from getting down.
3. Helps you stay motivated
4. Help you beat procrastination
 - a. Procrastination is something we all battle from time to time, myself included. However, when you set goals in life, specific goals for what you want to achieve, it helps you understand that procrastination is dangerous.
5. You Achieve more
 - a. Working towards meeting and surprising goals helps you achieve way more than you ever thought possible.
6. Goals help you determine what you want in life
 - a. These goals keep you motivated, helping you avoid procrastination and keeping you laser-focused on achieving your dreams. It is, therefore, the act of setting, achieving, and surpassing goals that make living your best life possible.

