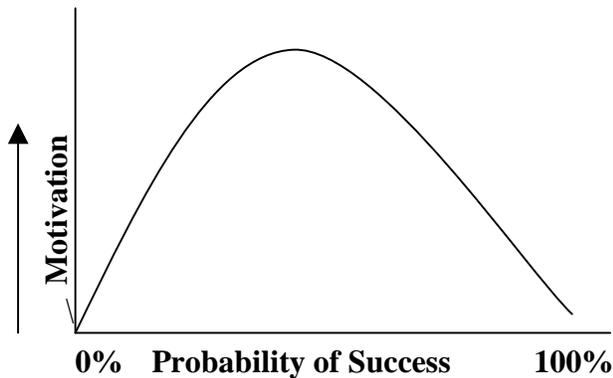


# NJ WAVE – GOAL SETTING

- **Set Clear Cut Goals and be accountable for them.**
- Helps w/ 2 things: (1) *A Proactive Mindset (not reactive)* (2) *Creates a focus.*
- People have a greater capacity for accomplishing things than they think they do.
- Goals should be specific to the situation & the individual.
- You want to stretch yourself without breaking yourself.
- With necessary support, new and higher levels of stress become doable w/ time.
- Goals are what you expect to see accomplished by carrying out your action plans.
  
- Goal Setting: 2 schools of thought: (1) Set high to stretch; danger = giving up (2) Set low so when people accomplish, it keeps them motivated; danger = too low & people lose interest.
- Inverted Motivation Curve:



### Tip – Goals should be:

1. Specific.
2. Exciting.
3. Believable.

- ✓ 100% Probability of Success = Not much motivation.
- ✓ 0% Probability of Success = Not much motivation.
- ✓ Highest Motivation = high probability of achieving some success but still some risk and challenge involved.
- ✓ **Suggestion: First, determine minimum level of performance in all areas, then set breakthrough goals for 1-3 of those areas. This meets both kinds of motivation – the satisfaction of meeting the easier goals and the challenge of trying to achieve the tougher ones.**
  
- There has to be a measure of success for moving toward goals – specific areas of responsibility. ***Keep track of a few indicators like workout sets or practice times / achievements.***
- Clarify your goals and progress indicators. Be careful not to work harder toward the wrong goals.
- If you need help setting goals, use your coach to help you, but take the lead in creating your own action plans (process goals).
- Have a time frame (date) for achieving both goals and action plans.
  
- **Develop Action Plans (process goals):**
- Action plans are insurance that you'll reach your goals.
- Spelling out steps, small and large, to meet objectives.
- Ex. Goal = Raise batting average from .275 to .325. Action plans may include the following: Spending an extra hour a day in the batting cage; getting feedback from a batting coach, analyzing opposing pitchers; increasing weight training.
- There's nothing creative about setting the goals. Creativity comes in laying out the Action plans to help you reach the goals. Action plans should be put on paper.
- Being accountable / responsible for your goals (compared to getting motivated, and excited about setting or reaching goals) is kind of a downer; but it is a crucial part of bringing out the best in you!