

Goal Setting

Why is it important to set goals?

Goal setting allows us to bridge the gap from our dreams to reality. By describing the goals and the process necessary to reach them, we create a viable stepladder to success. The very process of sitting down and planning how to reach a goal gives us an understanding of how our day-to-day training will bring us to our short term goals and ultimately to our long term goals. Realizing this will help motivate us at times when our dreams seem so far away.

Long Term Goals:

Long-term goals include skills and specific performances you want to achieve within 6 months to a year. These goals should be part of an end result from goals you have set in the short term and even in your daily goals.

Intermediate Goals:

Intermediate goals, such as class goals are challenging goals that should be related to your long-term goals. They act as the stepping stones to reaching the goals you have set for session or maybe longer. Achieving these goals gives you confidence, acts as a measuring stick for your progress, and will help maintain motivation. This type of goal might contain a certain form of training, mastering a skill or improving an area of your psychological skill training.

Daily or Short Term Goals:

To be an effective goal setter, establish specific daily goals. Reaching these goals can give you a sense of accomplishment and move you toward your intermediate and long term goals. Setting specific goals and pursuing them in a systematic way separates those who "want to" from those to "I do." Daily goals allows you to always accomplish something regardless of how you feel or perform. Goals such as these may include: setting specific goal in positive support for teammates, having a positive outlook, being at every practice, being on time, etc.....

How to successfully set goals:

First off, when pursuing personal excellence it is important to focus on specific aspects of your performance that are under your control like you skills, preparation, execution, or doing the best you can do each day. Avoid focusing on outcome goals that are beyond your immediate contrail. Secondly, focus on success not failure. Define your goals in a positive manner.