

Goal Setting

There are no short-cuts to anything worthwhile!

Why 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 stepladder to success.

Focus on the Process – not – the Outcomes

- 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 which later lead on to our season goals and long term goals.
- Do not focus on the end result- (outcomes). Focus on the process in how to successfully achieve your goal.
- Goal setting can frequently cause the athlete to define failure and experience frustration and dissatisfaction when you only focus on the outcome. Instead use your energy to define the performance and you will experience achievement and fulfillment
- Realizing this will help motivate you when your dreams seem so far away. Enjoying the journey as you embark on your goals is essential to staying the course throughout the season.
- Understanding that achieving your goals is a process in which we must go through steps and lay the foundation for future successes.

How do I set Goals?

Goals are SMART. (That is... Specific, Measurable, Action oriented, Realistic, & Timely)

- **Specific:** Set specific goals that are challenging.
- **Measurable:** Set realistic short-term goals that allow you to measure your progress.
- **Action Oriented:** Set weekly or daily goals that keep you focused on the process.
- **Realistic:** Set goals that you can control. We do not have control of others therefore focus on you and what you can achieve.
- **Timely:** Set realistic ending goals within a certain time frame.

Risk = Reward

- Goals can often be seen as threatening because they create risks.
- Everything worth achieving comes with risks.
- Remember, if it were easy everyone could do it. It will be hard at times, but..... it is the “hard” that makes it all worth it.

WHAT AM I GOING TO DO TODAY TO BE SUCCESSFUL?

Here are some suggestions to help you stay the course on your goals:

- 1) Set specific goals that are challenging and measurable.
- 2) Set long-term-goals (dream goals) that you want to attain.
 - i.e. realistic season-ending goals.
- 3) Set realistic short-term goals that allow you to measure your progress.
 - i.e. weekly or daily goals that keep you focused on the process.
- 4) Set goals that you can control. (A goal of being an Olympic champion involves input under someone else’s control.) We do not have control of our opponents therefore focus on you (us) and what you (we) can achieve.
- 5) Set goals that are performance related – not outcome based. (i.e.: I want to go 25 seconds in my 50free- holding 25 strokes. I want to neg. split this swim. I want to have a smooth entry on this dive.
- 6) Write down your goals and maintain a journal or log with your goals. **“INK IT DON’T THINK IT!”**
- 7) Identify individuals to share your goals with and gain support from.
- 8) Celebrate by rewarding yourself once you have achieved your goal.
- 9) Evaluate your goals both after they’re reached and when unforeseen challenges arise.
 - Ask how are you doing with your goals?
- 10) Review, and renew your goals.

Let's set some goals! (Remember to focus on the process... not the outcomes)

Weekly or Short-Term Goal

My Goal: _____

My Reason for this Goal: _____

Step I'll take: _____

Who will help me: _____

When will it start: _____

Challenges that may occur: _____

Solutions to the challenges: _____

When I plan to achieve my goal: _____

How will I reward myself: _____

Season ending or Long-Term Goal

My Goal: _____

My Reason for this Goal: _____

Step I'll take: _____

Who will help me: _____

When will it start: _____

Challenges that may occur: _____

Solutions to the challenges: _____

When I plan to achieve my goal: _____

How will I reward myself: _____
