



Goal Setting

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**“Effort and courage are not enough without purpose and direction.”
- John F. Kennedy**

Goals provide purpose and a sense of direction, which in turn increases motivation.

THREE TYPES OF GOALS:

Process Goals: concerns the development of your own competence, usually for immediate accomplishments

Outcome Goals: represent standards of performance that focus on the results of a contest between opponents; the end result you are trying to achieve, usually a win or placing (e.g., win Olympic Gold, win World Championships)

Performance Goals: Focus on improvements relative to one's own past performance, (e.g., personal best, competing against yourself)



SMARTEST GOAL SETTING SYSTEM:

Set Short & Long-Term Goals – set both types of goals, short-term will help to keep you motivated towards your long-term goals

Measurable Goals – need to be able to measure the differences between where you are and where you want to be

Achievement Strategies – things you're going to do in order to achieve your goal (i.e., attend each practice, stay focused on training plan, eat properly, get enough rest)

Realistic Goals – make sure your goals are within your ability (e.g., if you train typically 2 hours a day, a non-realistic goal would be training 6 hours a day the next week)

Time Bound Goals – should be able to put a time limit on when you want to achieve your goal (i.e., by end of the week, by the end of the training camp)

Exhibit Goals – place reminders of your goals in places where you can see them (i.e., on your mirror of your bathroom at home)

Seek Support – ask others, whom you trust, to help you out in your quest to achieve your goal

Target Obstacles – before beginning your quest, attempt to list things that may keep you from your goal so if those things happen, you can be prepared



Personal Goal Sheet

My Long Term Goals Are:

My Short Term Goals Are:

My Team's Goals Are:

Possible Obstacles:

Ways to Overcome Obstacles:



For Your Goal Journal:

SMARTTEST Goal System: Keep these guidelines in mind as you determine goals and record progress in your journal

Personal Goal Sheet: Use what we developed today as a starting point

Achievement Strategies: Things you are going to do that will help you achieve your goals

Journal: Questions to address in your journals:

1. What progress did I make toward my goal(s) today?
2. What obstacles kept me from achieving my goal(s)?
3. What things helped me in achieving my goal(s)?
4. What achievement strategies am I using to reach my goal(s)?
5. How am I doing today?

Goal Pages

Date: _____

This is a goal for the: day / week / month / season / other _____ (Circle one)

Goal: _____

Today my progress toward my goal was: _____

Challenges I faced in reaching my goal were: _____

Tomorrow my goal is: _____

Goal Pages

Date: _____

This is a goal for the: day / week / month / season / other _____ (Circle one)

Goal: _____

Today my progress toward my goal was: _____

Challenges I faced in reaching my goal were: _____

Tomorrow my goal is: _____

