

# Goal-Setting

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Goals are the organized plan of attack that will enable you to live your dreams. Goal-setting can enhance your ability to perform by focusing your attention, mobilizing your effort, helping you to persevere when faced with challenges, and forcing you to develop better ways of doing things. Goal setting is not a magic formula but instead a useful tool to help improve your performance potential.



## Goal-Setting Guidelines

- **Set specific, measurable goals with deadlines** - "I will increase my bench press by 25% by August 1, 2019."
- **State goals in positive terms** - Identify what you want to accomplish, rather than what you hope to avoid. "I will confidently perform my beam routine," rather than, "I will not fall off the beam."
- **Set realistic, but challenging goals** - Your goals should be a stretch and still within your reach. Set yourself up for success to build positive momentum.
- **Set short and long-range goals** – Like rungs on a ladder, identify each step you will need to achieve to ultimately reach your dreams.
- **"Ink it, don't think it"** - Write your goals down and post them in a places where they can be seen often.
- **Develop goal-achievement strategies** – Come up with a plan of attack that will lead to your success in achieving your goals.
- **Provide support for goals** - Identify someone you can share your goal with who will support, motivate, and encourage you.
- **Goal evaluation** – Regularly check-in with yourself and monitor your progress. It may be helpful to keep a sports journal in which you chart your progress and describe your thoughts and feelings as you pursue your goals.

## **Common Mistake in Goal-Setting**

1. Setting goals that are too general and can't be measured.
2. Failing to set deadlines or target dates for completion of goals.
3. Setting too many goals which overwhelm rather than motivate you.
4. Being unrealistic about the goals you set.
5. Setting goals that are not your own, but instead are set to please others.
6. Failing to monitor your goal progress.

**“A person without goals is like a ship without a rudder”** (Unknown Author)

### Reference:

Van Raalte, J. L., Brewer, B. W. (1996). *Exploring Sport and Exercise Psychology*, American Psychological Association, Washington, DC.

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