"A goal should scare you a little, and excite you a lot!"

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BASINGSTOKE

Goal Setting
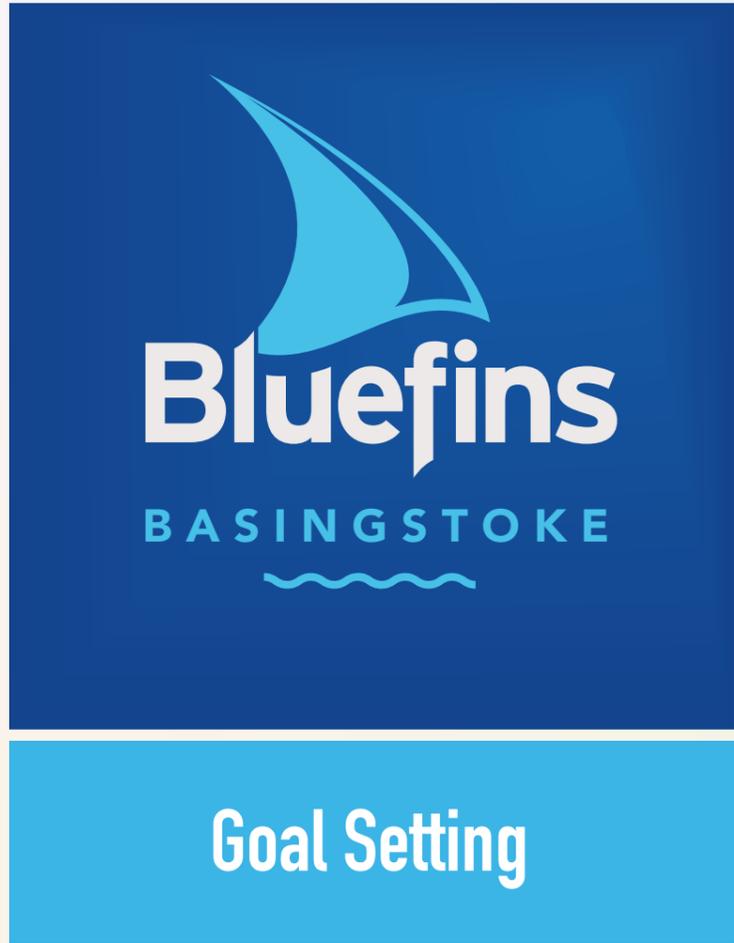
What's Your GOAL?

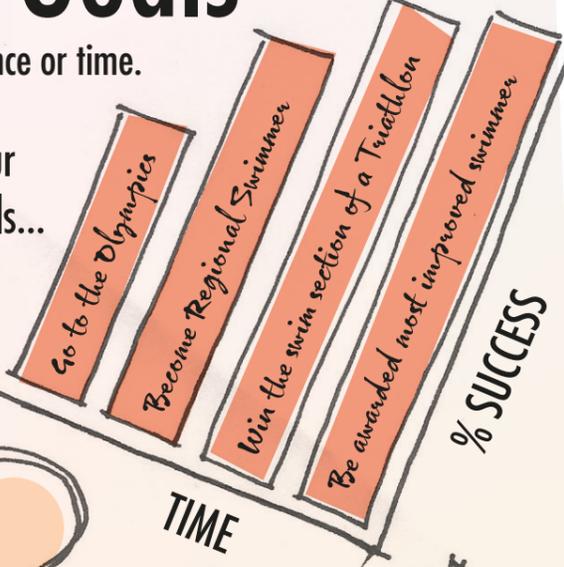This is really difficult, I don't know where to start!

What would you like to achieve?
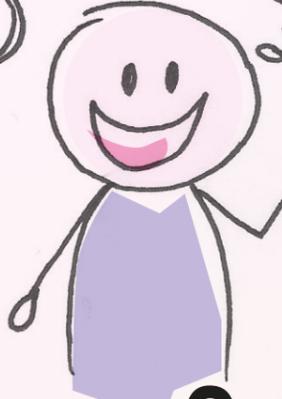
1: Outcome Goals

These are either a winning performance or time.

These maybe your 'Dream' goals...

These can take a long time to achieve

Go to the Olympics
Become Regional Swimmer
Win the swim section of a Triathlon
Be awarded most improved swimmer

% SUCCESS

TIME

My **Outcome** Goals...

3: Process Goals

The secret to achieving any GOAL is to set yourself a **Process Goal**. This will help you on your journey to make your "wish list" goals become real.

Display your Goals where they will always be seen.

My **Process** Goals...

Kick my legs

Use the clock to time my laps

Take my pulse, how hard am I working

5 metres sub-surface

Drink a whole bottle during training

Listen to my coach

These goals are daily or weekly targets,

Example Process Goals

- Turn up with a positive attitude
- Breath every 3 or 5 strokes on Freestyle
- Refuel my body after training
- Go to bed earlier to help my recovery

Process Goals are like a great plan, without a plan your goals are just a dream

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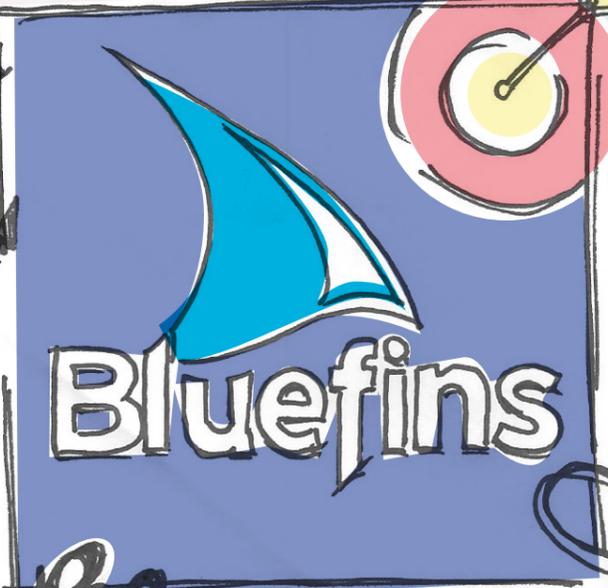
Be strong

2: Performance Goals

There are also Performance Goals, sometimes called Target Goals. These goals are independent of other swimmers, they are unique to you

Examples of Performance Goals..

"I will swim 50m Freestyle in under 30 seconds"

"I will achieve my first County qualifying time"

"I will swim a 800m Freestyle race with good pacing"

"I will get my Breaststroke timing right"

My **Performance** Goals...

Make some Process Goals

1: Make a note of your Outcome and Performance Goals. Goals can be written down, kept on your phone notes or even set as a background on your computer or iPad (tablet).

Your Outcome Goals?

Your Performance Goals?

2: Choose carefully your **Process Goals**, these will be your goals that you will work on daily or weekly. Before choosing your goal have a think what things your are good at (these are your Strengths) and what you could do better (your weaknesses).

Your Strengths?

Your Weaknesses?

3: With each Process Goal make a note why you have chosen this goal. Do you want to learn something new of just want get better?

5: ... And finally give yourself a date to work to, this will help you be more focused and motivated to achieve your goal.

Plan of Action:

Make a plan of action. Remember: Process Goals are like a great plan, without a plan your goals are just a dream.

What small things will you do daily to help you be successful at your chosen process goal? Write them where you will always see them, on your fridge, computer screen saver or even on your kick board!

4:

motivation

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Process Goal 1?

Why this goal?

Process Goal 2?

Why this goal?

Process Goal 3?

Why this goal?

SHAKE