

SMART Goal Setting

Goal - A goal is a standard, an aim of some action, or a level of performance.

Types of Goals

1. Outcome Goals - typically focuses on a competitive result of an event (i.e., winning a race, winning a medal). Achieving these goals depends on not only your own efforts but also on the play of your opponent.

2. Performance Goals - focuses on achieving standards independently of other competitors, usually making comparisons with one's own previous performances (i.e., lowering one's time in the marathon from 4 hours to 3 1/2 hours). Performance goals tend to be more flexible and within your control.

3. Process Goals - focuses on the actions an individual must engage in during performance to perform well (i.e., a runner may set a goal of maintaining a certain pace or controlling their breathing).

Reaching one's goals is much more effective if goal setting practices are written as

Specific - goals should indicate precisely what is to be done.

Measurable - goals make sure you can quantify your goal.

Action-oriented - goals should indicate something that needs to be done.

Realistic - goals make sure the goal can be achieved given various constraints.

Timely - goals make sure the goal can be achieved in a reasonable time.

*** DURING COMPETITION, IT IS ESSENTIAL TO COMPARTMENTALIZE YOUR RACE BY BREAKING THE OVERALL TASK INTO SMALLER, MORE MANAGEABLE GOALS (I.E., CREATE SPECIFIC, MEASURABLE GOALS FOR THE FIRST 10mi, THE SECOND 10mi, AND THE LAST 6mi).**

BY GOAL SETTING YOU CAN ...

- 1. Achieve More**
- 2. Improve Your Performance**
- 3. Improve the Quality of Your Training**
- 4. Increase Your Motivation to Achieve**
- 5. Increase Satisfaction in Your Performance**
- 6. Improve Self-Confidence**
- 7. Have Better Focus**

WHERE GOAL SETTING CAN GO WRONG

- 1. Focusing on Outcome Goals** (i.e., winning the race) **Instead of Performance Goals** (i.e., improving time, improving distance)
- 2. Setting Unrealistic Goals**
- 3. Setting Goals Too Low**
- 4. Setting Vague Goals**
- 5. Setting Too Many Goals Too Soon**
- 6. Failing To Create a Supportive Goal Setting Atmosphere**