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Goal Setting

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Goals are important for motivation and for directing our attention, focus, and energy. We might have big dreams or even small changes we hope to accomplish but not know where to start or quite how to achieve them. This is where goal setting comes in. Goal setting helps us to clarify what it is we want to achieve and how we are going to get there. Goals are also helpful when we feel ourselves getting off track as a check of our goals can help us to refocus on what we are trying to achieve again - goals must be written down.



Remember

In setting goals, we should keep the following points in mind:

Clarify: When setting goals, ensure your goals are as specific as possible. You might say you want to improve your fitness, but what does this mean exactly? You might make this goal more specific by focusing on reaching a new time or distance regarding your fitness.

Concise: The wording of the goal should not be more than one sentence long (one or two lines of written text), so that it can fit on the Goals Form.

Single goals: Avoid having diverse goals within one goal, e.g., I want to improve my flexibility and fitness. Each goal should represent one main idea, e.g., 'be able to touch my toes' (Goal 1), 'walk for 20mins per day' (Goal 2).

'Absolute': Goals should be stated in 'absolute', rather than 'relative', terms, e.g., 'Improve my fitness by walking 20mins per day' rather than 'improve my fitness'.

Approach goals: Goals should be stated in approach (positive - something you want to achieve) terms, rather than in avoidance (negative - something you want to avoid) terms, e.g., 'walk 20mins per day' rather than 'don't miss a day of walking'.

"You are never too old to set another goal or to dream a new dream"
- C S Lewis

SMARTER Goals

Your goals should follow the SMARTER Goal system:

- **Specific** – Goals should be as specific as possible.
- **Measurable** – They should be measurable so we can track our progress.
- **Action** – What actions do we need to take to achieve our goals?
- **Reasonable** – Is the goal achievable/ relevant? Not too hard and not too easy.
- **Timeframe** – We must set a timeframe within which we hope to achieve our goal.
- **Evaluate** – We must track our progress against our goals on a regular basis.
- **Re-set** – If we have achieved our goal, or we're finding it too hard or too easy - re-set.

You might think about setting goals for: Hitting, fielding, pitching, catching, your mental game, base running, fitness etc.

The side-effects of achieving goals

Knowing that we have achieved a goal is:

- Highly satisfying (**Enjoyment**);
- Proves we can achieve objectives (**Confidence**); and
- Motivates us to strive for further goals (**Motivation & Enhanced Performance**).



"Goals are the fuel in the furnace of achievement" – Brian Tracy

Date: _____

Goals Form

Goal 1:						
Not at all Achieved 1	2	3	4	5	6	Completely Achieved 7

Goal 2:						
Not at all Achieved 1	2	3	4	5	6	Completely Achieved 7

Goal 3:						
Not at all Achieved 1	2	3	4	5	6	Completely Achieved 7

Goal 4:						
Not at all Achieved 1	2	3	4	5	6	Completely Achieved 7

Goal 5:						
Not at all Achieved 1	2	3	4	5	6	Completely Achieved 7