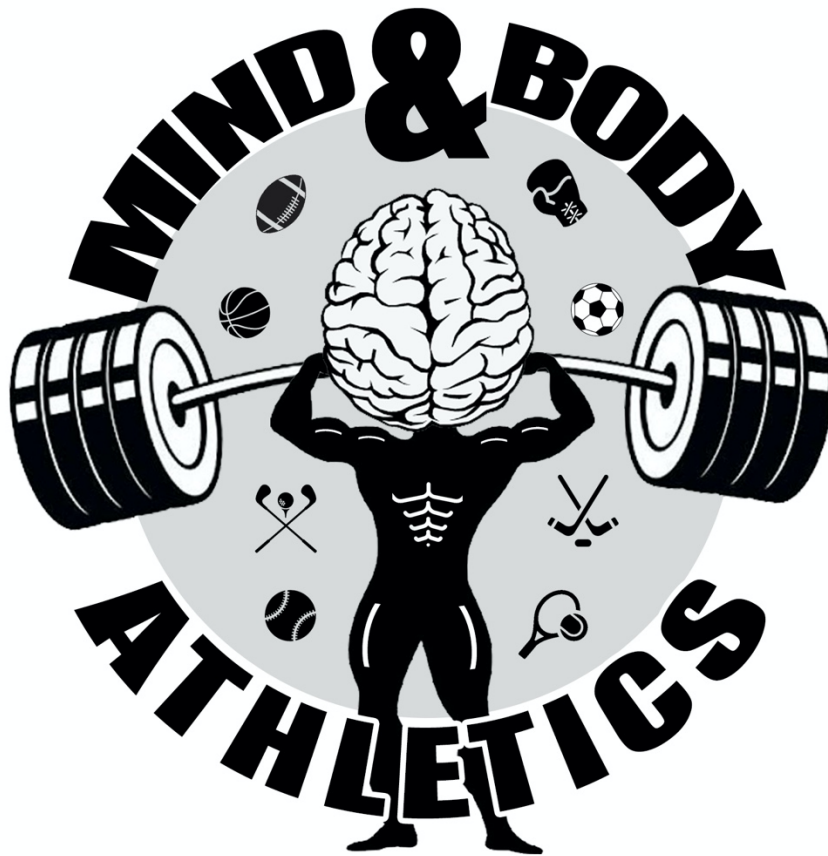


# Goal Setting

How Do We Get There?

Mind & Body Athletics, LLC



### The Million Dollar Questions

The million-dollar questions that athletes often forget to ask themselves do not revolve around winning. Yes, in the grand scheme of things, the goal of competition is to have fun and win. However, questions revolving around winning get over looked. These questions are complex yet so simple that it slips the mind of athletes when creating plans as to how they'll win. These questions are "what do you want to accomplish?" and "how will you get there?" Let's start with your end goal. Many athletes do not have a goal in mind before they start competition, they just hope to not mess up on their way to potential. This where they go wrong. In any destination, the journey is incredibly important. But what good is the journey if you don't know where you're going. Your journey may be different from other journeys and that's okay. As long as it is clear and works for you, that's all that matters. The method of looking at someone else's path and copying exactly what they did works sometimes. But be sure that add your spin to it to fit what you need!

### 6 W's and H

Who?

What?

To what extent?

Where?

Why?

When?

How?

In elementary school, you may have heard your Language Arts or grammar teacher talk about the “who? what? when? where? and why?” concept. Some may have even added “how?” or “to what extent” to it. Obviously, these are critical when speaking the English language, but these are also important concept when talking about acting on your goals. Let’s break them down.

Who can you talk to or put yourself around to help you accomplish your goals?

What are you trying to accomplish and to what extent are you trying to accomplish this goal?

When can you work on your goal?

Where can you work on your goal?

Why do you want to accomplish these goals? What’s your motivation? Where does it come from?

To what extent are you willing to go in order to separate yourself from your competition?

How can you be consistent and stay discipline throughout your path to your goals?

There are always answers to these questions if you take time a think about them. But it always starts with what you want to accomplish.

Process Goals, & Outcome Goals, Performance Goals (POP Goals)

There are three main categories when it comes to goals in athletics: Process goals, and Outcome goals, and Performance Goals. (POP Goals)

Process goals are specific actions that you take and small goals that you achieve on the way to achieving your big goal. Your outcome goals are what you want to achieve at the end of an event. What do you want the outcome to be? Your performance goal is the level of performance that you would like to achieve during the competition. This can be measured by stats on the field, court, course, and rink. These “POP” Goals all work together to help you achieve more! An example of this for baseball players would be your outcome goal is to earn All Region at the end of the season. In order to do that, you set your process goal to earn player of the week 7 out of the 10 weeks of the season. Your performance goal is to go 1 for 2 with a hit and a walk every game. The same is true for basketball players, football players, golfers, and other athletes.

SMART(ER) GOALS

A great checklist to have when making sure that your goals more sufficient is using SMART goals. The use of SMART goals dramatically increases your chances of reaching your goals. SMART goals stand for:

(S)pecific

(M)easurable

(A)ttainable

(R)ealistic

(T)ime Bound

When setting your goals, be sure they fit into these categories.

People talk about SMART goals often, but very seldom use SMART(ER) goals. The E and R stand for: Efficient/Effective & Reviewed Regularly. While “SMART” may be a good checklist for your goals, progress is incredibly important. You must make sure that your goals are effective and that you’re obtaining them in an efficient way. Obstacles and challenges may arise throughout your journey. Distractions will attempt to knock you off track. You may even have to make some adjustments. Because of this, it is important to review your goals regularly.

With SMART(ER) goal, you don’t have to always think about the outcome goal. This applies to the process as well. In fact, I would encourage you to apply it to every drill that you are doing in practice or anything you’re doing to get better at your game. What’s your goal while performing this drill or participating in this activity with your team?

On a grander scale, how can you use the SMART(ER) to help you with your process goals?

Executing your process goals will lead into you obtaining your outcome goal.

**\*If you take care of the process, the outcome will take care of itself.**

### Goal Alignment & Goal Mapping

A more in-depth version of Goal Setting is Goal Mapping. It's a roadmap to your goals. When we set goals, we tend to focus on the big goals that we really want. But is hard because of how distracted we can be. In this generation, its incredibly easy to get distracted. We even have specific shows, music, and other forms of media whose only job is to distract us (we'll talk more about this later). We also set too many goals sometimes which makes it hard for us to stay focused and give max effort on one. Soon, we end up giving up. Think about it in the way cars move on the highway. There are some cars that are getting off the exit ramp, some cars are in the fast lane, and some cars are in the right lane driving slowly, but all cars have a destination and everyone's is customizable to them. Some cars have to achieve intermediate goals such as making a turn on a specific street or following the instructions of the street light, but all of this is important to reaching their big goal which is the destination. You will have to get to a specific place so that you can get to another place.

### Short Term Goals vs Long Term Goals

Short term goals and long-term goals are similar to Process and Outcome goals. However, short term and long-term focus more to the "T" in SMART, the time. A short-term

goal is a goal you would like to accomplish in 12 months or less. A long-term goal is a goal you would like to accomplish in 12 months or more. You could even use your short-term goals as a way to evaluate progress and make adjustments if you need to!

Short-term goals and long-term goals could be broken down. In high school and college, a goal might be to play sports at the next level. To do this, *milestones* or short-term goals have to be met along the way. For example, if the long-term goal is to play at the next level, a short-term goal could be making the All-Conference team. A short-term goal of making the All-Conference team might be to earn player of the week as many weeks as you can (just like the POP goals). A short-term goal of earning player of the week could be to win each inning or possession.

### How Goals are Affected

Your goals can and will be affected by everything you do. Every decision you make, no matter how big or small can affect your path to you accomplishing your goal! While the decision may seem small at the time, it will have a great consequence from it. Let me make this clear...

THE DISTRACTIONS WON'T SEEM LIKE DISTRACTIONS. They will seem harmless. There will be situations like going to hang out with your boys or chilling with your girls, staying up all night on the phone with your significant other, and involving yourself in situations that seem good for you but are not. You must examine every decision you make 100 times before you make it. You have to make sure that it is right for you. Think about the aftermath of you making the decision.

What will happen as a consequence of you making this decision? Everything you do adds up no matter how big or small!

### +1/-1 Concept

I understand you're not perfect. Nobody is. But you have to protect your path to your goals by attempting to make the best decision possible every time. There is a concept called the +1/-1 Concept that states and examines how every little decision either pushes you closer (1 point) to your dream or pulls you (1 point) further from your dream. Think about the small, seemingly harmless decisions in this way the next time you want to hang out or engage in something that has nothing to do with your dream.

### When, Then Statements

Allow yourself to have "When, then" statements. In other words, not if, but when these distractions arise, then I will do this or say this. Have a plan for yourself to stay on track. You can use cue words or a tapping mechanism to help you refocus.

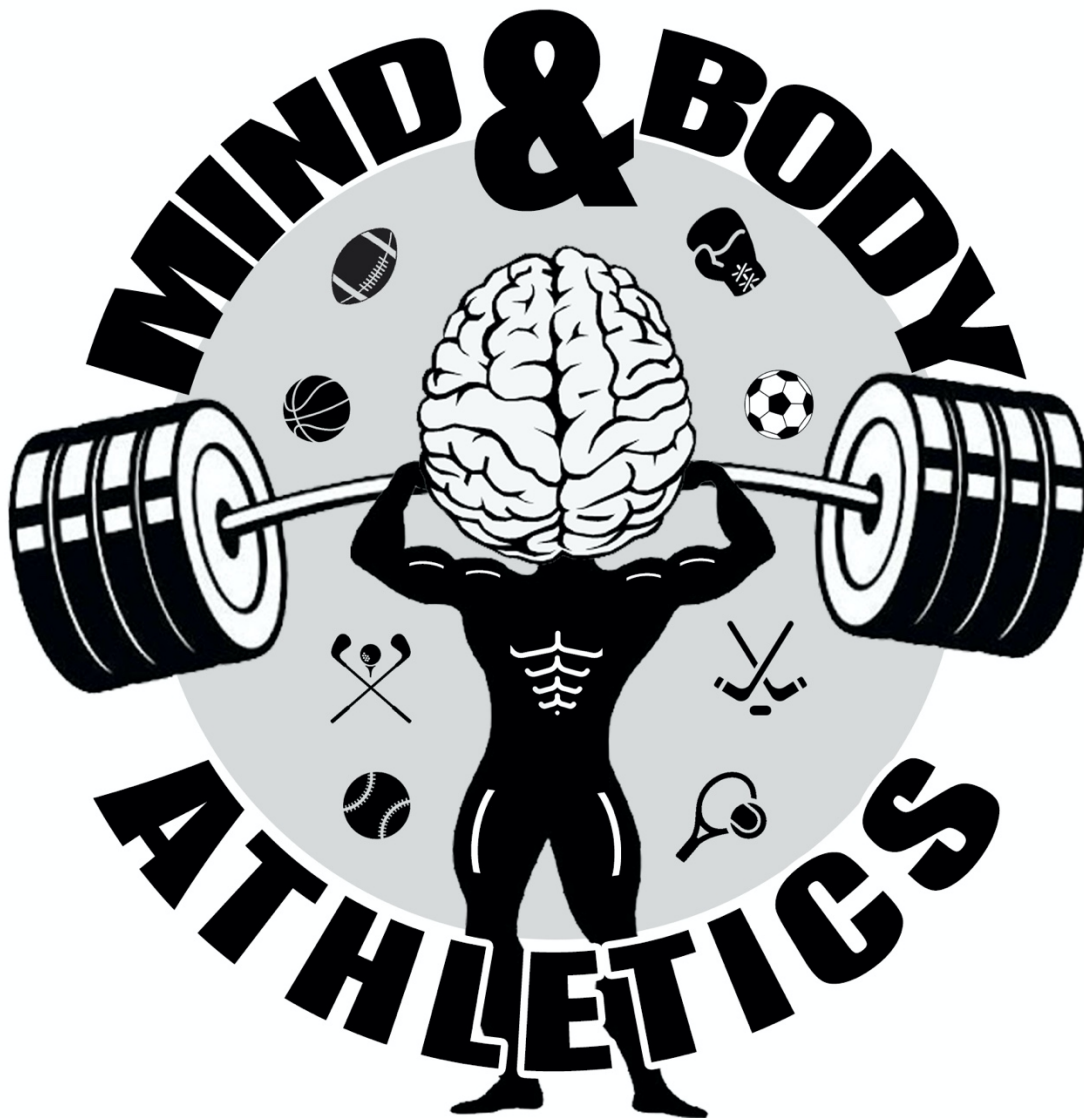
### Play Tag with your Intermediate Goals!

A friend of mine decided that he wanted to run a half marathon because it looked fun. The marathon was taking place in Los Angeles, California and he took the proper steps to making sure he had a safe and successful trip out to LA. He booked his room extra early, made sure his flight was in order, and even went out and bought extra shorts and new running shoes.



His main problem was that he forgot the most important thing to do in preparation. He forgot to train!

However, he was quickly reminded. As the race started, he quickly got a head start on the other runners. He literally sprinted out the gate. He realized he had been running very fast and had a huge lead. He figured the lead was so big that he had time to go and explore the staples center where his favorite basketball player, Kobe Bryant, played and still come back to the lead after he was done exploring. He went to exploring and when he returned, he saw that everyone had passed him. He was extremely exhausted and seeing everyone else made him even more tired. He saw a rest station up ahead and decided to get a drink of water. As he drank, he looked up and saw a mile marker, but it didn't say mile marker 8, or mile marker 5, it didn't even say mile marker 2. It clearly read "Mile Marker 1". He had sprinted 1 full mile and went to go explore the Staples Center. He panicked. He had no idea how he was going to finish the race or how he was going to get close to the front. He decided to play a game that we all have played since we were kids. He decided to play tag. Now before you start thinking he was crazy, no he didn't go around chasing people and yelling "TAG, YOU'RE IT!" Instead, he mentally said tag to himself every time he passed up a new person. Before he knew it, he was almost at the top where he started. In the last 2 laps, he was able to catch the 3 people who were in the front and he ended up winning the race! Think about this when it comes to your goals. You will have an outcome goal or a big goal that you want to reach. But what about the small goals (process goals) that lead up to the big goal? They may be the most important goals in your journey. Write them down, play tag with them. After you have caught one, run to catch the other. Like rings on a ladder. Keep climbing each ring until you reach the top of the ladder!



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Edited by Alexis Liss

