



Dream it, Write it, Do it

Action Planning for Achieving Your Goals

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What lies behind us
And what lies before us
Are small matters compared to
What lies within us

Ralph Waldo Emerson



The Well

Champions are made from
something they have deep inside
of them, a desire, a dream,
a vision.

Muhammad Ali
1975



What does this video tell you
about the *Process*
of achieving your
Dream Goals?

Successful athletes make up
their minds what they want
and go after it with
everything in them

Magical Motivational Mechanisms



How Goal Setting Works

- Indirectly - Goals influence performance by affecting psychological factors
 - Increasing Confidence
 - Decreasing Anxiety
 - Increasing Satisfaction

Goal Achievement and Confidence

I believe I can do this and I do it.

Confidence

Confidence

Every man wants to believe in himself,

Every man wants to be fearless.

Muhammad Ali

1974

Three Types of Goals

- **Outcome goals** : Focus on a competitive result of an event or a long term accomplishment
- **Performance goals**: Focus on achieving standards of performance or objectives independently of other competitors
- **Process goals**: Focus on the actions an individual must engage in during performance to execute or perform well

Using The Three Types of Goals

- Outcome, performance, and process goals all play roles in building motivation and enhancing performance
- Outcome goals are effected by many factors outside of the swimmer's control
- Performance and Process goals focus the swimmer on actions within their control

Doing...Writing...Saying Exercise

- Set an unrealistic goal
- Set a too easy goal
- Set a hard but realistic goal

SMARTS Goals

- Specific – Distance & Goal Times
- Measureable – Criteria for Achievement
- Adjustable - Progress not Perfection
- Realistic – Challenging but not Extreme
- Time Bound – A Deadline for Accomplishment
- Self-determined – Personal Commitment

Goals into Action

Dream Goals = Happen

Performance Goals = Do

Process Goals = How

Dream/Outcome Goals

- Make a certain meet
- Make Junior Nationals
- Make Senior Nationals
- Get a college scholarship

Performance Goals

- Make Qualifying Time
- Break your PR in an event
- Lower your Time Trials

Process Goals

- Improve my technique
- Plan and follow my race strategy
- Fewer strokes per length
- Hold breath into and out of turns

Having a clear plan and focus for
each practice helps alleviate
repetitiveness and infuses
your practice with enthusiasm
and meaning

Tony Nascimento
Swimming Sport Psychologist

Affirmations

- What can I say to my self to strengthen my belief and commitment to my goals?
- Use Affirmations for all three types of Goals:
 - Dream Goals
 - Performance Goals
 - Process Goals

It's the repetition of affirmations
that leads to belief. And once the
belief becomes a deep conviction,
things begin to happen.

Muhammad Ali

The real measure of an athlete
is not what they are
But what they aspire to be