

GOAL SETTING

SETTING GOALS IS
THE FIRST STEP IN
TURNING THE
INVISIBLE INTO THE
VISIBLE.

TONY ROBBINS

DREAM BIG.
START SMALL.
ACT NOW.

“Excuse me, Sir,” Alice inquires. “Could you tell me which road to take?”

Wisely, the caterpillar asks, “Where are you going?”

Somewhat dismayed, Alice responds, “Oh, I don’t know where I am going, Sir.”

“Well,” replied the caterpillar, “if you don’t know where you are going, it really doesn’t matter which road you take.”

(Alice in Wonderland – Lewis Carroll)



How Exactly Does Goal Setting Help?

Good goal setting gives an athlete an edge in three areas:

1. Goals provide **direction**.
2. Goals provide **feedback**.
3. Goals **motivate**; provide a daily purpose

Goals should be:

S : specific

M : measurable

A : adaptable

R : realistic

T : time based

PROCESS GOALS VS OUTCOME GOALS

PROCESS GOALS are focused on skill development. They are not tied to winning, championships, or any outward type of success. Some examples include:

- Dropping 0.2 seconds on a 40 yard dash in 6 months
- Getting 2 more reps a pull up test in 2 months
- Developing a curveball that breaks 6" more by next year
- Hitting 80% of your free throws by next month

There are an endless number of process goals, but they should follow the SMART principles stated previously. You want them to be specific, measurable, adaptable, realistic and time-based.

OUTCOME GOALS are all about big achievement, and are often not entirely under your control. Some examples include:

- Winning a state championship
- Making an all-star team
- Getting drafted by a professional team

These clearly require you to work hard, but there are factors beyond your control (coaching, referees, scouts seeing you at your best, etc) that can influence whether you achieve them or not.

In our goal setting process we want you to use both to your advantage in the following way:

Your CAREER GOALS should be outcome based. These are your dreams and they are what motivate and inspire you to work hard in the short term. These are visionary statements of where you see your career peak being.

Your ONE YEAR GOALS should be process based. They are the biggest things you need to get better at over the next 12 months. They should obviously align with your CAREER GOALS, and should help you to determine where you should be spending most of your time.

It is also important to note that you may want to recruit knowledgeable sources who can help you to realistically determine what your biggest gaps are between where you are and where you want to go. Avoid negative people. Although there is such a thing as an impossible dream history has proven that determined, clear-minded individuals can achieve many things most others thought was impossible.

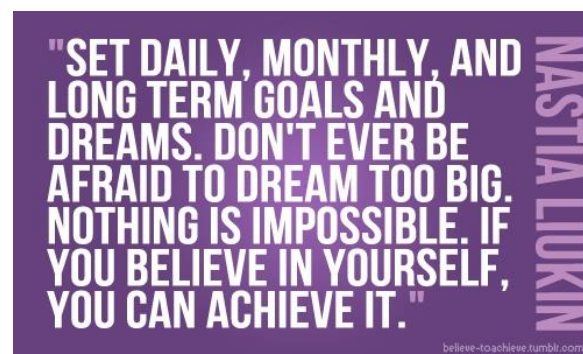
Make sure you're focused on all of these topics when setting ONE YEAR GOALS:

- Sport skill needs
- Physical development needs (strength, speed, foundations, conditioning)
- "Championship Mindset" needs (team player, team strategies, self-confidence, etc)

Your 2 MONTH ACTION PLAN dials in what you can do right now to work towards your one year goals. These should be re-visited every couple months to adapt to changing circumstances.

These are still process goals, and are gathered by focusing on action steps you can do to get where you want to be for next year. There may be obstacles like in-season demands, vacations, academic workload, injuries, and more that need to be factored in to set a realistic 2 MONTH ACTION PLAN.

Use the following pages as an outline for setting your personal goals. When you are done you can set a meeting time with a Power Source coach to go over them with you to help you turn your goals into actions.



CAREER GOALS

List all of your career goals here. Feel free to adapt them over time as needed. Don't be afraid to dream big!

ONE-YEAR GOALS

This is where you want to plan all the things you'll need to improve on over the next 12 months. Make sure they are specific, measurable, adaptable, realistic, and time based.

PROCESS GOAL #1

PROCESS GOAL #2

PROCESS GOAL #3

PROCESS GOAL #4

PROCESS GOAL #5

It is very likely that you have 'Time Burglars' in your schedule, things that are not necessary for your goals but take up a chunk of your time. Here, list the Time Burglars that **ARE NOT IN LINE WITH YOUR CAREER GOALS** that need to be cut down or eliminated from your schedule.

TIME BURGLAR #1

TIME BURGLAR #2

TIME BURGLAR #3

2 MONTH ACTION PLAN

List all the specific steps you'll take in the next 2 months to work closer to your ONE YEAR GOALS. This can be both ADDING something to your schedule, becoming MORE CONSISTENT at doing something you already do, or ELIMINATING a Time Burglar.

ACTION STEP #1

ACTION STEP #2

ACTION STEP #3

ACTION STEP #4

ACTION STEP #5