

What is goal setting?

Goal setting takes place when you aim to attain a certain standard of proficiency on a task or event within a specific time limit. Goal setting is used by all Olympic athletes and has been found in study after study to improve an athlete's performance, increase motivation, commitment, concentration and confidence and reduce negative anxiety. It has also been found to help athletes manage pain and discomfort effectively.

Setting your goals effectively

Make your goals:

- A mix of long & short term goals so you can continue to stay motivated.
- Positive, so you state what you need to accomplish rather than what should be avoided.
- Realistic & achievable so you don't get disheartened.
- Focused on your own performance, rather than beating someone else.
- Separate for training & racing so they are more specific & focused.
- Firm & in ink. By writing your goals down & sharing them with someone you will be more committed & accountable.

If you follow the idea of SMARTER (Specific, Measurable, Achievable, Realistic, Time-Bound, Exciting and Recorded) goals you can measure and evaluate them, ensure you are aiming for the right goals and maximize your chances of achieving them.

Types of goals

Outcome goals: These can be both long & short term & will often focus on achieving a specific ranking or placement at an event. These are goals you have least control over as you can't control how others do – only yourself.

Performance goals: These are components of performance & very specific to the overall outcome goal. They will focus on times you may need to achieve, weights you need to lift or qualification events you need to complete. They emphasize execution of skills, improvements & achievement at specific standards.

Process goals: These goals will help you achieve your performance goals and look at the form, techniques, strategies & individual tactics you need to master in order to achieve your overall goal. These process goals are much more controllable than any other goal & usually in your gift with the right support and work ethic.

Your goals

