

Goal Setting & Motivation



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Alice is walking through the woods and the path splits in two. The Cheshire cat is sitting in a tree.

Alice says to the cat: "Will you tell me which way I ought to go?"

The Cat replies: "That rather depends on where you want to get to."

Alice: "I don't much care where."

Cat: "Then it doesn't matter which way you go then does it?"

"If you don't know where you are going, any path will take you there!!!!"



Why Set Goals?

- In your groups discuss as many reasons as you can for setting goals in sport.....
- To Increase Motivation & help stay on track!!!!
- Improve Organisation
- Action plan to ensure progress
- Help prioritise opportunities
- Focus Attention on key issues
- Direct effort towards specific tasks
- Monitor progress



Does anyone have any set goals for this year or the future?

All Goals should be SMARTER GOALS

- S - SPECIFIC
- M - MEASUREABLE
- A - AGREED
- R - REALISTIC
- T – TIME PHASED
- E - EXCITING
- R - RECORDED

Different types of Goals



- Dream Goal – Your Long term Career Aim
- Sign Posts – these are stepping stones towards to dream goal
- How many signposts can you have towards the Dream goal?

Scenarios

- In your groups can you think examples of what the appropriate sign posts to success might be for the scenario you have?



Different types of Goals

- Product Goal
- Performance Goal
- Process Goal



“Evidence suggests that goals are more likely to be achieved when process focused and not product focused”



A dream is just a dream. A goal is
a dream with a plan and a
deadline.

- **Commitment** – *committing yourself 100% to the task, doing nothing half hearted*
- **Ownership** – *taking ownership, being proactive, making things happen – no sitting back*
- **Responsibility** – *being responsible for your actions. No excuses. No blaming others.*
- **Excellence** – *doing your very best every day, never giving anything less than your Personal Best*