

Goal-Setting



Ten Keys for Goal-Setting

1. *When you set any goal, it should be SMART:*
 - *Specific*
 - *Measurable*
 - *Achievable*
 - *Reasonable*
 - *Timely*
2. *Keep your goals focused on your process and your performance, or, in other words, on things you can control. Outcome goals are often out of your reach because there's so much you can't control: your opponent, your teammates, and the weather.*
3. *Write down your goals—research has shown this to increase the likelihood that you'll achieve them.*
4. *When you write your long-term goals, also write a plan or road map with short-term, process-oriented goals that will help you reach your long-term ones. A reminder: process-oriented goals are connected to specific skills, both physical and mental.*
5. *Write your goals in a positive tone, not a negative one. (Good: Make eight out of ten free throws. Bad: Don't miss my free throws.)*
6. *Be sure all your goals are something you really want, not just something that sounds good or something your teammate wants.*
7. *Make sure your goals are challenging, but still achievable.*
8. *Share your goals with people you trust: they will help you reach it by checking in with you periodically and keeping you accountable.*
9. *Check in with your goals regularly to see how you're doing. Adjust them as needed.*
10. *Once you reach a goal, celebrate!*