

EFFECTIVE GOAL SETTING

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Here's another way to improve your performance: set goals. Hall of Fame football player Emmit Smith says, "It's a dream until you write it down." You can add almost 20% more to your game with a S.M.A.R.T. Plan:

Specific
Measurable
Attainable
Realistic
Time Frame

You must know your goals to know your distractions. Start here: ***What would you attempt to do if you could not fail?***

You succeed by having a plan - a SMART Plan - and with persistence. Here is a checklist of characteristics of people who persist (*Thinking Body, Dancing Mind*):

- Create fun in the process of accomplishments

- Have strong sense of self and feel that, regardless of the outcome they will still be worthwhile
- Have courage to act and take risks
- Reward themselves for small gains
- Don't do it alone
- Use variety to be familiar with adversity
- Expect positive outcomes
- Focus on the joy of the process
- Realize that progress comes in slow steps with lulls and loses

What drives you? Do you put strong emphasis on your stats? If you do your career will be short. Do you always seek to break records? If you do you will burn yourself out too soon. Do you practice to be better and get lost in the process? If you do you will have a career.

EXERCISE #1

- 1) Write down a limiting belief about yourself as an athlete
- 2) Write down irrefutable evidence that exists to make it true
- 3) Aim to dispute the evidence

Exercise #2

- 1) Write down 5 positive beliefs of your athletic abilities
- 2) Read them aloud everyday (x5)