

# Setting Goals

## What is a goal?

A goal is something that you want and it is a way setting an end point to check whether you have achieved it or not. You can set your own goals so that you can choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. Setting goals will



help you to quickly spot the distractions that would otherwise lure you from your course.

More than this, properly-set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your **self-confidence** builds fast.

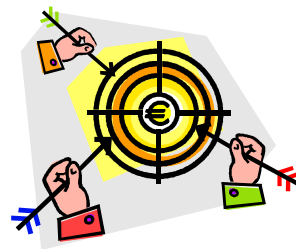
Goals are set on a number of different levels: **First**, you create your "big picture" of what you want to do in your sport, at school, in your job or with your life, and what large-scale goals you want to achieve. **Second**, you break these down

into the smaller and smaller targets that you must hit so that you reach your end goals. **Finally**, once you have your plan, you start working to achieve it. Goal setting is a powerful process for personal planning.

## Why have goals?

There are many reasons as to why you set goals for yourself. Some of these may be to:

- Help plan your time;
- Balance all the things happening in your life;
- Learn new skills; or
- Be a top gymnast.



People set goals in their study, work, sporting life and personal life. Goals can be set for the short term or long term. An example of a short-term goal might be to finish an assignment by the end of the week or to concentrate on doing really good strength sessions, while a long-term goal might be to get into a particular course at uni, get a certain job or to finish in the top six at National Championships. Setting one or more goals for yourself will help you to manage your day-to-day life.

## Setting your goals.

When setting a goal for yourself it is a good idea:

**To make your goal realistic and achievable** - To do this it might be useful to brainstorm how you can achieve your goal. You may also find that talking to someone you trust about your goal helps to keep it achievable. You may want to talk to your coach, a teacher, a lecturer or a counsellor. If you are working you might be able speak with someone in your workplace.

**To set a specific and measurable goal with step-by-step milestones** - Set key milestones that need to be reached on the way to achieving your goal. The more detailed your goal is the more able you are to gauge whether you have achieved it. If you are able to perform, see or measure your goal you can then celebrate when you reach each milestone and when you have achieved your goal.

**To work within a time frame** - To help you focus in achieving your goal it may be helpful to have a time frame for achieving the goal. Try to make sure it is a realistic span of time.

**To keep focussed** - Writing down your goal and keeping it in a place where you can see it may also help you remain focused. Maybe you could write it in your diary or stick it on your bedroom wall.

**To be flexible** - Have multiple options to achieve your goals. There is never just one way to achieve something. It's important not to put all your eggs into one basket - investigate and plan other ways to get to where you want to get, whether it's a uni degree, job or holiday.

**To get support** - It's important to reach out and get support from others who can help you achieve your goals. This could be practical support, such as you're your team mates, your coach or a teacher, or moral support, such as from friends and family.

## Reaching your goals



It can be a great feeling when you reach your goal and it is important to acknowledge your achievement. Everybody does this differently. Some people reward themselves by doing something they enjoy, for example, they might have a night out with friends or buy a CD.

Sometimes, we may not achieve the goal we have set. It is normal to feel disappointed. However, you must try not to be too hard on yourself. There may be a number of reasons why you haven't achieved the goal you set and you should examine the path that you took.

You should also look at other ways for achieving your goal or using what you have achieved to go on and achieve a higher goal.