

Handout 2.1

SMART Goals

Specific
Measurable
Attainable through Action
Realistic
Timely

Every year countless numbers of athletes set goals for their sport. Unfortunately, many athletes fail to accomplish these goals, because they are unclear, ambiguous, or not something they are truly passionate about accomplishing. The following are suggestions for setting SMART GOALS that will assist you in achieving your athletic goals.

GOALS should **Specifically** state what is to be accomplished in clear and instantly recognizable terms. For example, "be stronger next year" is an abstract concept, because it is difficult to determine when someone has attained this goal. However, if the goal is to improve my vertical jump 3 inches, run my agility test in 4.47 (currently it is run in 4.50) there is no question when these objectives have been achieved. Thus the goal is also **Measurable**.

Goals should have an **Action-orientation**. This requires the individual to identify behaviors that are counterproductive to reaching their goals and modifying them. For instance, if your barrier is not finishing all your sets and reps an effective countering technique may be to have your partner count your reps and not let you stop before the set is completed. If you are using *poor technique* to finish your sets, you may need to *lighten up the weight and lift correctly* to finish all your sets and reps with correct technique. By replacing this negative behavior with a positive one you will become closer to **Attaining** your desired results.

SMART goals are **Realistic**. Set moderately difficult goals. Easy goals tend not to motivate people and overly difficult ones will only leave you frustrated. If your goal is to improve your squat 40 pounds in a month at the end of January you will more than likely be a little disappointed. If increasing your squat is the goal then a 10 pound jump by the end of the month is an attainable and realistic goal in most instances.

Finally, a good resolution is **Time bound**. Setting specific deadlines for the completion of a goal creates a sense of urgency and is very effective in overcoming procrastination.

Reviewing your goals daily is a crucial part of your success and must become part of your routine. Each morning when you wake up read your list of goals that are written in the positive. Visualize the completed goal, see the new home, smell the leather seats in your new car, feel the cold hard cash in your hands. Then each night, right before you go to bed, repeat the process. This process will start both your subconscious and conscious mind on working towards the goal. This will also begin to replace any of the negative self-talk you may have and replace it with positive self-talk.

Every time you make a decision during the day, ask yourself this question, "Does it take me closer to, or further from my goal." If the answer is "closer to," then you've made the right decision. If the answer is "further from," well, you know what to do.

If you follow this process every day you will be on your way to achieving unlimited success in every aspect of your life.